

The following resources have been recommended by professional trainers and subject matter experts. They are designed to support with personal effectiveness and development.

<p><b>Personal Brand / Emotional Intelligence</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">What's personal branding all about</a> – Jennifer Holloway <a href="#">website</a></li> <li>• <a href="#">First Impressions</a> – the science behind how/why we make them (Ted Animation)</li> <li>• <a href="#">Power Pose by Amy Cuddy</a> This Ted talk explains how our body can change the chemical makeup in our minds. "I power pose before anything important including all keynote talk, client meetings and even before I took my English driving licence exam! This is a life changing video for me." (<i>Professional trainer, Networker and life coach</i>)</li> </ul>
<p><b>Resilience / Change</b></p>	<ul style="list-style-type: none"> <li>• <b>Building Resilience</b> – Harvard business review <a href="#">article</a></li> <li>• <b>How people learn to become resilient</b> - <a href="#">Article</a></li> <li>• <b>Adapt to change and bounce back</b> - <a href="#">podcast</a></li> <li>• <b>How to make stress your friend by Kelly McGonical</b> - <a href="#">TedTalk</a></li> </ul>
<p><b>Generic Career search support</b></p>	<ul style="list-style-type: none"> <li>• <b>Sound email advice</b> – (<a href="#">blog post</a>) "It's a bit of a weird fit for a site that's about how to spruce up your home, but the advice is sound for people new to work emails." (<i>Personal Brand trainer and coach</i>)</li> <li>• <b>Interviews</b> - what to avoid (<a href="#">Blog</a>)</li> <li>• <b>Timekeeping</b> – if it's not your strong point (<a href="#">Podcast</a>)</li> <li>• <b>Uncover your passion &amp; Turn it into a career by Noeline Kirabo</b> - <a href="#">TedTalk</a></li> <li>• <b><a href="#">Living Beyond Limits</a> by Amy Purdy</b> This talks about using disabilities or limitations to your advantage. Pushing off of your boundaries to become something great. It encourages people to write their own story and inspires you to not let anything get in your way. "Personally, I feel my dyslexia is a big factor in my drive to succeed and feel it is a boundary that I have pushed off of." (<i>Professional trainer, Networker and life coach</i>)</li> </ul>

<b>Book Recommendations</b>	<p><b>Mindset by Carol Dweck</b> Very easy read with great stories which enables readers to no longer fear failure but instead see it as a steppingstone to success. “This book is a life changer!” (<i>Professional trainer, Networker and life coach</i>)</p> <p><b>So Good They Can’t Ignore You by Cal Newport</b> Again, an easy to read book which explains a different approach to finding your dream job. He argues you should put in the hours and get good at something which will ultimately lead to a satisfying, dream career. For people starting out, this book helps reduce the fear of “I don’t know what I am supposed to be doing!”</p>