

Trauma & It's Impact

Trauma-Informed Leadership

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Workplace Wellness

Self-Compassion & Leadership

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Psychological Safety

Promoting Dignity, Belonging & Justice

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Trauma & Its Impact

Books

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
- The Deepest Well: Healing the Long-Term Effects of Childhood Adversity
 - What Happened to You: Conversations on Trauma, Resilience, and Healing

Videos

- Harris: How Childhood Trauma Affects Health Across a Lifetime
- Murgia: How Chronic Stress Affects Your Brain
 - Trauma and the Nervous System: A Polyvagal Perspective

- National Child Traumatic Stress Network
- SAMHSA: The Impact of Trauma on Youth with IDD
 - Mental Health and Developmental Disabilities National Training Center



Trauma-Informed Leadership

Books

- A Little Book About Trauma-Informed Workplaces
- The Empathetic Workplace: 5 Steps to a Compassionate, Calm, and Confident Response to Trauma on the Job
 - A Treasure Box for Creating Trauma-Informed Organizations: A Ready-to-use Resource for Trauma, Adversity, and Culturally Informed, Infused and Responsive Systems.

Videos

- Hallman: The Science and Power of Hope
- THINK School of Leadership: The Trust Equation by David Maister Explained: How to Build Trust
 - Treisman: Good Relationships are the Key to Healing Trauma

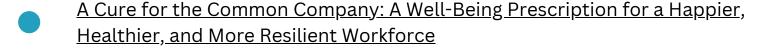
- Fast Company: We Need Trauma-Informed Leadership in the Workplace.

 Here's How
 - Ginwright: Trauma-Informed Care to Healing Centered Engagement
 - Trauma-Informed Care Implementation Resource Center



Workplace Wellness

Books



Mental Health and Wellbeing in the Workplace: A Practical Guide for Employers and Employees

Wellbeing at Work: How to Build Resilient and Thriving Teams

Videos

Bush: This is What Makes Employees Happy at Work

Nagoski & Nagoski: The Cure for Burnout (Hint: It Isn't Self-Care)

PBS: High-Stress Jobs Deteriorating American's Mental Health

Websites

Berkeley Greater Good Magazine: The Workplace

<u>Current Priorities of the U.S. Surgeon General: Workplace Wellbeing</u>

<u>ProQOL: Professional Quality of Life (Free Assessment) Scale and Self-Care Tools</u>



Self-Compassion & Leadership

Books

- Compassionate Leadership: How to Do Hard Things in a Human Way
- The Proven Power of Being Kind to Yourself: Self-Compassion
 - Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN

Videos

- Neff: The Space Between Self-Esteem and Self-Compassion
- ★ The School of Life: Self-Compassion
 - <u>Lunia Hara: What's Next? How Empathy, Compassion, and Goals Make Good</u>
 <u>Leadership</u>

- Berkeley Greater Good Magazine: Compassion
- Sandford Compassion Toolkit
 - Neff: Self-Compassion Practices



Psychological Safety

Books

- The Psychological Safety Playbook: Lead More Powerfully by Being More Human
- <u>The 4 Stages of Psychological Safety: Defining the Path to Inclusion and Innovation</u>
 - The Fearless Organization: Creating Psychological Safety in the Workplace for Learning Innovation and Growth

Videos

- Amy Edmonson Building a Psychologically Safe Workplace
- HBR What is Psychological Safety
- Simon Sinek Achieving Psychological Safety

- Business Insider Assessing Psychological Safety on Your Team
- HBR: A Guide to Building Psychological Safety on Your Team
 - Forbes: 15 Ways to Promote Psychological Safety at Work



Dignity, Belonging, & Justice

Books

- Belonging at Work: Everyday Actions You Can Take to Cultivate an Inclusive Organization
- Leading with Cultural Humility: 12 Inclusive Practices to Manage Biases, Promote Equity, and Cultivate Cultures of Belonging
- Leading with Dignity: How to Create a Culture that Brings Out the Best in People

Videos

- Advice for Leaders on Creating a Culture of Belonging
- Belonging, A Critical Piece of Diversity, Equity & Inclusion
- <u>Cultural Humility</u>

Websites

- An Intersectional Approach to Inclusion at Work
- **Belonging Drivers and Elements: A Primer**
 - <u>Cultural Humility Tool Kit</u>



Open Road ICC
Inclusive Community
Consulting