



Open Road ICC
Inclusive Community
Consulting

Tools & Resources

Trauma & It's Impact

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Trauma-Informed Leadership

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Workplace Wellness

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Self-Compassion & Leadership

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Psychological Safety

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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](#)

Websites

- [National Child Traumatic Stress Network](#)
- ★ [SAMHSA: The Impact of Trauma on Youth with IDD](#)
- ▲ [Mental Health and Developmental Disabilities National Training Center](#)

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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](#)

Websites

- [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](#)

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Workplace Wellness

Books

- [A Cure for the Common Company: A Well-Being Prescription for a Happier, Healthier, and More Resilient Workforce](#)
- ★ [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](#)
- ★ [Current Priorities of the U.S. Surgeon General: Workplace Wellbeing](#)
- ▲ [ProQOL: Professional Quality of Life \(Free Assessment\) Scale and Self-Care Tools](#)

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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](#)
- ▲ [Lunia Hara: What's Next? How Empathy, Compassion, and Goals Make Good Leadership](#)

Websites

- [Berkeley Greater Good Magazine: Compassion](#)
- ★ [Sandford Compassion Toolkit](#)
- ▲ [Neff: Self-Compassion Practices](#)

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Psychological Safety

Books

- [The Psychological Safety Playbook: Lead More Powerfully by Being More Human](#)
- ★ [The 4 Stages of Psychological Safety: Defining the Path to Inclusion and Innovation](#)
- ▲ [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](#)

Websites

- [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](#)

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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](#)

- ▲ [Cultural Humility](#)

Websites

- [An Intersectional Approach to Inclusion at Work](#)

- ★ [Belonging Drivers and Elements: A Primer](#)

- ▲ [Cultural Humility Tool Kit](#)



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