

Resilience Resources



The resources listed below are categorized by the five strategies of the Benatti Resiliency Model®: well-being, self-awareness, brand, connection, and innovation, plus a section on forming habits. These are articles, books, apps, and podcasts my clients and I have found helpful in developing and maintaining our resilience.

Well-being

Articles

[Feeling Burned Out at Work? Join the Club](#), Rachel Feintzeig, The Wall Street Journal, 2017

[This is Why Meditation Makes You Feel Better](#), Mandy Oaklander, TIME

[Why Companies Worldwide Are Embracing Meditation](#), Rubin Ramirez, The Street.com, 2016

[Why Resilience Is Good for Your Health and Career](#), Laura Lando, The Wall Street Journal, 2016

Books

[10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works](#), Dan Harris

[Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#), Brené Brown

[Don't Sweat the Small Stuff...and It's All Small Stuff](#), Richard Carlson

[Take Time for Your Life: A 7-Step Program for Creating the Life You Want](#), Cheryl Richardson

Meditation Apps

www.Calm.com

www.Headspace.com

TED Talks

[All it Takes is 10 Mindful Minutes](#), Andy Puddicombe

[How to live to be 100+](#), Dan Buettner

[How to make stress your friend](#), Kelly McGonigal

Self-awareness

Books

[Mindset: The New Psychology of Success](#), by Carol Dweck

[Quiet: The Power of Introverts in a World That Can't Stop Talking](#), Susan Cain

[Type Talk at Work: How the 16 Personality Types Determine Your Success on the Job](#), Otto Kroeger

[Wishcraft: How to Get What You Really Want](#), Barbara Sher

Resilience Resources



Podcasts and TED Talks

[How great leaders inspire action](#), Simon Sinek

[How to be awesome at your job](#), Peter Mockaitis (podcast)

[Should you live for your resume ... or your eulogy?](#), David Brooks

Brand

Articles

[10 Golden Rules of Personal Branding](#), Goldie Chan, Forbes, 2018

[3 Steps to Create a Personal Brand \(And Why It Matters\)](#), Leila Gowland, Forbes, 2018

[The Inner Soul of Personal Branding](#), Glenn Geffcken, HuffPost, 2018

Books

[Career Distinction: Stand Out by Building Your Brand](#), William Arruda and Kirsten Dixson

[Made to Stick: Why Some Ideas Survive and Others Die](#), Chip Heath & Dan Heath

[Purple Cow: Transform your Business by Being Remarkable](#), Seth Godin

[StrengthsFinder 2.0](#), Tom Rath

Assessment

[Branding assessment](#)

Connection

Books

[As We Speak: How to Make Your Point and Have It Stick](#), Peter Meyers and Shann Nix

[Give and Take: Why Helping Others Drives Our Success](#), Adam Grant

[Drive Your Career: 9 High-Impact Ways to Take Responsibility for Your Own Success](#), Ed Evarts

Podcasts and TED Talks

[5 ways to listen better](#), Julian Treasure

[10 ways to have a better conversation](#), Celeste Headlee

[What makes a good life? Lessons from the longest study on happiness](#), Robert Waldinger

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Innovation

Books

[Start with Why: How Great Leaders Inspire Everyone to Take Action](#), Simon Sinek
[A Whole New Mind: Why Right-Brainers Will Rule the Future](#), Daniel Pink
[The Wisdom of Transition: Navigating Change at Work](#), Cheryl Benedict

Podcasts and TED Talks

[WorkLife with Adam Grant](#), Adam Grant (podcast)
[The art of innovation](#), Guy Kawasaki
[The surprising habits of original thinkers](#), Adam Grant
[Tales of creativity and play](#), Tim Brown
[Where good ideas come from](#), Steve Johnson

Habits

Books

[The Power of Habit: Why We Do What We Do in Life and Business](#), Charles Duhigg
[The 7 Habits of Highly Effective People](#), Stephen Covey

Podcasts and TED Talks

[Inside the mind of a master procrastinator](#), Tim Urban
[A simple way to break a bad habit](#), Judson Brewer
[Try something new for 30 days](#), Matt Cutts

For more about resilience, [check out](#) my book *Career ReCharge: Five Strategies to Boost Resilience and Beat Burnout*. The book includes exercises to help you get the most benefit from each chapter, Resiliency Boosters—actions you can take to implement each resilience strategy, and personal success stories from my coaching clients.

Don't forget to [sign up](#) for my free monthly ezine.
You can connect with me via [my website](#) or [LinkedIn](#).
Stay resilient!