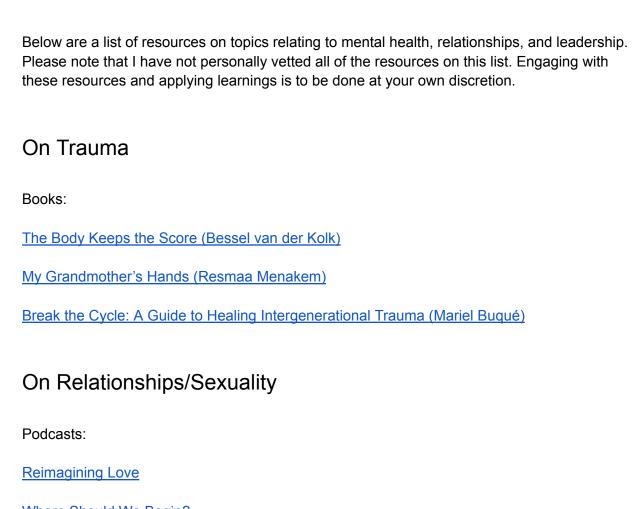
Resources



Where Should We Begin?

Friend Forward

Dateable

Books:

Come as You Are (Emily Nagoski)

On Mental Health

Podcasts:

Unlocking Us

We Can Do Hard Things with Glennon Doyle Ten Percent Happier Books: <u>Setting Boundaries That Stick (Julianne Taylor Shore)</u> Burnout (Emily and Amelia Nagoski) Permission to Come Home: Reclaiming Mental Health as Asian Americans (Jenny Wang) The Age of Overwhelm (Laura Van Dernoot Lipsky) Bittersweet: How Sorrow and Longing Make Us Whole (Susan Cain) On Leadership Podcasts: Dare to Lead The Leadership Moments Podcast Books: Dare to Lead (Brene Brown) The End of Leadership as We Know It (Steve Garcia, Dan Fisher)

Worksheets and Exercises:

Self-compassion: https://self-compassion.org/category/exercises/#exercises

Values exploration:

- https://brenebrown.com/resources/dare-to-lead-list-of-values/
- https://brenebrown.com/resources/living-into-our-values/

 $\label{linktree} \begin{tabular}{ll} Attachment wound quiz: \\ \underline{https://1wsm6geg69z.typeform.com/to/d981R7Cl?typeform-medium=newtab-linktree\&typeform-source=linktr.ee \\ \end{tabular}$