

Tools, Techniques, and YouTube Clips

TOOLS & TECHNIQUES

- VIA strengths finder - <https://www.viacharacter.org>
- Self awareness test - Tasha Eurich
- Interrupting the fixed mindset voice
- 4 step emotional agility exercise – Susan David
- Self differentiation – Gervase Bushe
- The Experience Cube – Gervase Bushe
- SCARF – David Rock
- Immunity to change map – Kegan and Lahey - Watch immunity to change youtube clip
- <https://www.youtube.com/watch?v=FFYnVmGu9ZI> (15 min)
- The 12 item grit questionnaire – Angela Duckworth
- Positive to negative ratio - <https://www.youtube.com/watch?v=hFzxfQpljM> (8:45)
- Perspective taking - CCL
- Drama vs empowerment triangle – Karpman - https://www.youtube.com/watch?v=E_XSeUYa0-8 (6 min)
- Deep work – Cal Newport
- Timeboxing - <https://www.youtube.com/watch?v=mtmXwuZ2ED8> (8:33)
- Gratitude journal
- Best possible self writing exercise

YOUTUBE CLIPS

- <https://www.youtube.com/watch?v=pN34FNbOKXc> The Power of belief – mindset and success | Eduardo Briceno |
- <https://www.youtube.com/watch?v=Ky-mKuhKgU> Simon Sinek: 1:20 Reflect to grow
- Susan David on Emotional Agility - https://www.youtube.com/watch?v=0_6hu6jLH98 (6:55)
- https://www.youtube.com/watch?time_continue=1&v=1Ewgu369Jw Brene Brown – The power of empathy

Appendix

- Angela Duckworth TED talk on Grit - https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance/transcript?language=en
- <https://www.youtube.com/watch?v=Z7dFDHzV36g>
Barbara Fredrickson: Positive Emotions Open Our Mind (8:37)
- Cal Newport youtube clip on Deep Work – 6 min
<https://www.youtube.com/watch?v=zfoCyFvADtU>
- Daniel Goleman youtube clip on Focus vs Frazzle – 7 min
<https://www.youtube.com/watch?v=Nexy76Jtu24>
- Gervase Bushe – how to practice clear leadership – (10:29)<https://www.youtube.com/watch?v=0BzttEvFUmE>

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