



Professional Resources

- 63) *A Collaborative Approach* | resolving conflict and building trust in your teams (Tip Sheet)
- 64) *Active Listening* | what, why and how (Video)
- 65) *Attention Training* | a neuroscience approach to reframing mindfulness (Tip Sheet)
- 66) *Brain friendly emails* | how to increase open rates and get your message across (Tip Sheet)
- 67) *Building Team Rituals* | using the A.W.A.R.E Framework (Worksheet)
- 68) *Collaborative Performance Turnaround Plan* | an approach to challenging conversations (Worksheet)
- 69) *Challenging Conversations* | controlling your emotions (Article Review)
- 70) *Flipping Performance Management on its head* | tips for giving constructive feedback (Tip Sheet)
- 71) *Clear Goal Setting* | setting up your team for success (Article Review)
- 72) *A brain friendly approach to communication* | some simple tips to get your message across (Tip Sheet)
- 73) *Decision Making using Emotional Intelligence* | the Six Seconds KCG Model (Worksheet)
- 74) *A Guide to Exceptional Teams* | an emotionally intelligence ritual to guide success (Worksheet)
- 75) *Goal Setting using the GROW Model* | using the GROW model to coach your team in goal setting (Worksheet)
- 76) *Growing trust in teams* | a guide for leaders wanting to grow trust, quickly (Tip Sheet)
- 77) *Leaning into uncomfortable conversations* | tips to prepare you (Tip Sheet)



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- 78) *Hiring for Emotional Intelligence* | interview questions for the right hire (Tip Sheet)
- 79) *Inbox Zero* | five simple steps to conquering your email (Tip Sheet)
- 80) *Kicking Goals* | a framework for setting and achieving your goals (Worksheet)
- 81) *Leadershift* | from high potential managers to high performing leaders (Video)
- 82) *Top tips for leadership in 2020* | looking at the future of leaders (Article Review)
- 83) *Leading in a VUCA World* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)
- 84) *Leading with Emotional Intelligence* | unlocking potential (Video)
- 85) *Leading with Optimism* | the role optimism plays in successful teams (Video)
- 86) *Leading teams with EQ* | an emotionally intelligent approach (Worksheet)
- 87) *Leaning into difficult conversations* | why nipping it early will save you a lot of angst in the long run (Video)
- 88) *Management VS Leadership* | understanding the difference (Tip Sheet)
- 89) *Using humour to reduce stress* | maybe stress is a laughing matter (Article Review)
- 90) *Navigating difficult leaders* | a framework to navigate power dynamics (Worksheet)
- 91) *Promoting peak performance through Wellbeing* | tips to supporting well-being in the workplace (Tip Sheet)
- 92) *Optimism in the workplace* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)
- 93) *Performance conversations* | thinking about how you approach it differently (Video)
- 94) *Performance feedback conversations* | how to get a positive result (Podcast)



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- 95) *The importance of quality conversations* | how to grow trust in your team (Video)
- 96) *The presence of performance* | how to be present to boost performance (Tip Sheet)
- 97) *The science behind productivity* | tips to being more effective (video)
- 98) *Think, Feel, Act* | an overview of the Six Seconds Model (Video)
- 99) *Tips to achieve a win-win-situation in a difficult conversation* | challenging conversations (Tip Sheet)
- 100) *Sharpening your conversational skills* | ways to get your message across (Podcast)
 - 101) *Productivity Tips* | take control of multi-tasking (Tip Sheet)
 - 102) *Happy Leaders* | what does it take for leaders to be happy (Tip Sheet)
 - 103) *Self-care in Leadership* | getting off autopilot to avoid burnout (Tip Sheet)
- 104) *Seven habits of highly effective people* | summary of Stephen R Covey's world famous book (Book Review)
 - 105) *Embracing the Third Space* | a powerful way to reduce stress (Tip Sheet)
- 106) *Uncomfortable Conversations* | tips to having uncomfortable conversations well (Video)
- 107) *Values and Emotional Intelligence* | the powerful link for performance (Video)
- 108) *Writing your vision* | step into the future, to find out your why (Worksheet)
- 109) *Leadershift* | exploring a leadershift in today's working environment (Podcast)
- 110) *Intrinsic VS Extrinsic Motivation* | understanding the difference when motivating your team (Video)