

## Building your Confidence

[http://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are?language=en](http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en)

## Emotional intelligence

<https://hbr.org/video/4421646384001/the-explainer-emotional-intelligence>

## Emphasise the positives

<https://www.youtube.com/watch?v=7XFLTQ4JMk>

## Neuroscience

<https://www.youtube.com/watch?v=dMW8NO4wogA>

## Context for change

<https://www.youtube.com/watch?v=pUmTQ-86-YI>

## Empathy

<https://www.youtube.com/watch?v=1Evwgu369Jw>

## Resilience

[https://www.ted.com/talks/lucy\\_hone\\_the\\_three\\_secrets\\_of\\_resilient\\_people](https://www.ted.com/talks/lucy_hone_the_three_secrets_of_resilient_people)

## Value of change management

<https://www.youtube.com/watch?v=DP2ZqRTT50I>

## Overcoming resistance

<https://www.youtube.com/watch?v=vPhM8lxibSU>