

High Performance Leadership

Blended Learning Materials and Further Resources

WATCH

Videos



[Tools for Managing Stress & Anxiety](#)
HubermanLab

[Reduce Anxiety & Stress with the Physiological Sigh](#)
Andrew Huberman

["Vision Statements: in Business, in Stories, in Life"](#)

Ted Talk | Andrew Mancini

[The New Era of Positive Psychology"](#)
Ted Talk | Martin Seligman



READ

Books & Articles

[Commit2Lead](#)
Enda McNulty

[The Inner Game of Tennis](#)
Tim Gallwey

[Atomic Habbits](#)
James Clear

["Deep Work](#)
Cal Newport

[Chasing Daylight](#)
Eugene O'Kelly

LISTEN

Podcasts



[The High Performance Pod with Alan Stein Jnr](#)

[Commit Series](#)
McNulty

[WorkLife](#)
Adam Grant

["The Power Of Self Talk](#)
Theomzone
[Develop Your Emotional Fitness & Self-Care](#)
Dr. Mary Collins

["How to Adopt a Growth Mindset"](#)
The Happiness Lab | Laurie Santos

[10 min Non-Sleep Deep Rest Guided Meditation protocol](#)
Andrew Huberman



APPS

Mindfulness: [Head Space](#), [Calm](#), [Insight Timer](#), [Mood Kit](#)
