



Inspiring Development



Online Resources

Client Recommendations List 2016

Top 5 Online Resources

We asked our coaches to let us know which online resources they most often recommend to clients to watch, whether that be on YouTube or TED talks. Detailed below are the top 5 talks most often recommended followed by other more specialist talks which might be of interest.



- 1 Amy Cuddy's TED talk on body language and the power pose**
https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are



- 2 Brene Brown's TED talk on vulnerability, connection and authentic leadership**
http://www.ted.com/talks/brene_brown_on_vulnerability.html



- 3 Simon Sinek's TED talk on Inspirational Leadership**
https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en



- 4 Susan Cain's TED talk on the power of introverts**
https://www.ted.com/talks/susan_cain_the_power_of_introverts?language=en



- 5 Dan Pink's TED talk on motivation**
https://www.ted.com/talks/dan_pink_on_motivation

On Leadership:

HP CEO Meg Whitman on Integrity & Courage in Leadership

<https://youtu.be/gcvX-INu1bM->

Rosalinde Torres's TED talk on what it takes to be a great leader

https://www.ted.com/talks/roselinde_torres_what_it_takes_to_be_a_great_leader

Daniel Goleman's youtube talk on his book "How Leaders Can Develop a Triple Focus"

<https://www.youtube.com/watch?v=Qa5TK5r3SnA>

Itay Talgam's TED talk on leading like great conductors

https://www.ted.com/talks/itay_talgam_lead_like_the_great_conductors

Stewart Friedman's youtube talk about managing the big picture of work, life and community

https://www.youtube.com/watch?v=w_90Wi_XUaU

On Organisations:

Margaret Heffernan's TED talk on what is often wrong or stuck in organisations

https://www.ted.com/talks/margaret_heffernan_why_it_s_time_to_forget_the_pecking_order_at_work?language=en

Knut Haanaes's TED talk on the two reasons companies fail and how to avoid them

http://www.ted.com/talks/knut_haanaes_two_reasons_companies_fail_and_how_to_avoid_them?utm_source=newsletter_daily&utm_campaign=daily&utm_medium=email&utm_content=image_2016-03-31

Geoffrey West's TED talk on the surprising math of cities and corporations

https://www.ted.com/talks/geoffrey_west_the_surprising_math_of_cities_and_corporations

Michael Porter's youtube application of the five forces that determine the long term profitability of any industry

https://www.youtube.com/watch?v=mYF2_FBCvXw

An interview with F Laloux with insights on emerging new organisational models

<https://www.youtube.com/watch?v=j79QIs9e-nU>

On Team:

A video review of Lencioni's 5 Dysfunctions of a Team

<https://www.youtube.com/watch?v=509V7Z90UQA>

Jim Tam's talk on collaboration and not being defensive

<https://www.youtube.com/watch?v=vjSTNv4gyMM&sns=em>

On Confidence:

Brene Brown's follow up talk on listening to shame as a follow up to the earlier talk on vulnerability

<https://www.youtube.com/watch?v=psN1DORYYV0>

Carol Dweck's TED talk on the power of believing and on a learning mindset

<http://go.ted.com/SwH>

Marisa Peer's Youtube speech on the 'biggest disease affecting humanity – I'm not enough'

<https://www.youtube.com/watch?v=lw3NyUMLh7Y&app=desktop>

Michael Neill speaking at a TEDx on being 'awesomer'!

<https://www.youtube.com/watch?v=xr6VawX2nr4>

A useful Youtube video by Mara Gleason on confidence

<https://www.youtube.com/watch?v=Uv10XvboU3A>

On Creativity & Thinking Outside the Box:

Tim Harford's TED talk on how messy problems can inspire creativity

https://www.ted.com/talks/tim_harford_how_messy_problems_can_inspire_creativity?language=en

Eric Whitacre's TED talk on the power of innovation and team

http://www.ted.com/talks/lang/en/eric_whitacre_a_virtual_choir_2_000_voices_strong.html

Ken Robinson's TED talk on creativity and how it is often killed by education systems

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity?language=en

On Diversity:

Michael Kimmel's TED talk on why gender equality is good for everyone

https://www.ted.com/talks/michael_kimmel_why_gender_equality_is_good_for_everyone_men_included

A new look at diversity from a different perspective – a peacock in the land of penguins

<https://www.youtube.com/watch?v=hNeR4bBUj68>

On Health, Happiness & Work Life Balance:

Dan Ariely's TED talk on what makes us feel good about work

https://www.ted.com/talks/dan_ariely_what_makes_us_feel_good_about_our_work

Nigel Marsh's TED talk on work life balance and making it work

<http://go.ted.com/Rfj>

Robert Waldinger's TED talk on what makes a good life based on the lessons from the longest study on happiness for those who are looking at work life balance

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

Matthieu Ricard's TED talk on mindfulness and the habits of happiness

<http://go.ted.com/ssi>

And for a further talk on Mindfulness for life, this time from Professor Mark Williams

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

And a final mindfulness TED talk, this one by Andy Puddicombe

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

Shawn Achor's TED talk on the happy secret to better work

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

Jeff Illiff's TED talk on another reason why it's important to get a good night's sleep

https://www.ted.com/talks/jeff_iliff_one_more_reason_to_get_a_good_night_s_sleep

Psychologist Shawn Adler's video on how happiness can inspire productivity

<https://www.youtube.com/watch?v=fLJsdqxnZb0>

Dan Gilbert's TED talk on why we make bad decisions

https://www.ted.com/talks/dan_gilbert_researches_happiness

On Communication:

Julian Treasure's TED talk on public speaking skills so that people want to listen
<http://go.ted.com/dq9>

Caroline Goyder's talk about how to become a confident speaker
<https://www.youtube.com/watch?v=m8QYVVE2np4>

On Business Techniques:

Tony Buzan speaking on mind mapping from Youtube
<https://www.youtube.com/watch?v=MlabrWv25qQ>

Youtube video on Edward de Bono's Six Thinking Hats method for broadening decision making
<https://www.youtube.com/watch?v=PqmCUAGcsnl>

A Mindtools video on how to perform a stakeholder analysis
<https://www.youtube.com/watch?v=9Fzfrqqv5o>

Other:

David Rock's youtube video on your brain at work
<https://www.youtube.com/watch?v=XeJSXfXep4M>

Dan Ariely's talk on being in control of our decisions or are we?
https://www.ted.com/talks/dan_ariely_asks_are_we_in_control_of_our_own_decisions

Paul Zak's TED talk on Trust, morality and Oxytocin
https://www.ted.com/talks/paul_zak_trust_morality_and_oxytocin

Daniel Kahneman's youtube video on his book 'Thinking Fast vs Thinking Slow' to lessen decision making mistakes
<https://www.youtube.com/watch?v=PirFrDVRBo4>



Inspiring Development



TXG Ltd
27 Wootton Street
London
SE1 8TG

+44 (0) 20 7592 2720
info@txgltd.com
www.txgltd.com