

Starter MEDIA LIST

Let this list
inspire
assignments and
conversations

Speech: This is Water by David Foster Wallace

David Foster Wallace's commencement speech "This is Water" explores the idea of conscious awareness and the importance of choosing how to perceive and interpret the world around us. He emphasizes the significance of cultivating empathy and understanding, suggesting that true freedom lies in the ability to recognize and break free from the default, self-centered mindset.

Poem: The Dash by Linda Ellis

"The Dash" poem by Linda Ellis encapsulates the significance of the "dash" - the time between one's birth and death - as the essence of life itself, emphasizing the importance of how one lives and impacts others during this time. It serves as a poignant reminder for individuals to make the most of their lives, leaving behind a legacy of love, kindness, and meaningful contributions.

Podcast: "The Happiness Lab" with Dr. Laurie Santos

Dr. Laurie Santos explores the science of happiness and practical strategies for leading a more fulfilling life. Through expert interviews and research-backed insights, listeners gain valuable tools for overcoming obstacles, cultivating gratitude, and prioritizing well-being, empowering leaders to create cultures of happiness and flourishing within their organizations.

Book: "The Alchemist" by Paulo Coelho

Coelho's allegorical novel follows the journey of a young shepherd named Santiago as he pursues his dreams and discovers his personal legend. Through encounters with various characters and challenges, Santiago learns valuable lessons about courage, destiny, and the importance of listening to one's heart, inspiring leaders to follow their passions and embrace the adventure of life.

Poem: "The Guest House" by Rumi

Rumi's poem metaphorically explores the idea of welcoming all experiences, whether pleasant or difficult, into the "guest house" of one's life. It encourages embracing life's richness and complexity, serving as a reminder for leaders to approach challenges with openness and acceptance, ultimately leading to personal growth and fulfillment.

Article: "The Art of Living" by Epictetus

Epictetus, a Stoic philosopher, offers timeless wisdom on how to live a life of virtue, wisdom, and resilience. Through practical teachings on overcoming adversity, managing desires, and cultivating inner peace, he provides valuable insights for leaders seeking to navigate life's complexities with grace and integrity.

Podcast: "On Being" with Krista Tippett

Krista Tippett engages in meaningful conversations with thought leaders, theologians, artists, and scientists exploring the deepest questions of human existence. Through reflections on spirituality, ethics, and the nature of being, listeners gain insights into what it means to lead a life of purpose, wisdom, and compassion, inspiring leaders to cultivate a more connected and reflective approach to leadership and the good life.

Podcast: "Hidden Brain"

Hosted by Shankar Vedantam, this podcast explores the unconscious patterns that shape human behavior and decision-making. Through engaging storytelling and expert interviews, listeners gain insights into the psychological mechanisms underlying leadership dynamics, offering valuable perspectives on how to navigate interpersonal relationships and lead with empathy and insight.

Poem: "Invictus" by William Ernest Henley

This classic poem captures the indomitable spirit of resilience and determination in the face of adversity. It speaks to the power of the human will to overcome challenges and emerge victorious, making it a poignant reminder for leaders striving to navigate obstacles while maintaining integrity and strength.

Article: "The Power of Servant Leadership" by Robert K. Greenleaf

In this seminal article, Greenleaf introduces the concept of servant leadership, emphasizing the importance of leaders prioritizing the needs of their team members and serving them selflessly. This approach fosters trust, collaboration, and a sense of purpose, ultimately leading to the fulfillment of both leaders and their followers.

Book: "Man's Search for Meaning" by Viktor E. Frankl

Viktor Frankl, a Holocaust survivor and psychiatrist, explores the human quest for meaning in the face of suffering and adversity. Through his profound insights and experiences, Frankl demonstrates how finding purpose and meaning can empower individuals to endure hardship and live a fulfilling life, offering invaluable lessons for leaders seeking to inspire and uplift others.

Podcast: "The Tim Ferriss Show"

Hosted by Tim Ferriss, this podcast features interviews with a diverse array of high achievers, including entrepreneurs, athletes, artists, and scientists. Through in-depth conversations and insights into their routines, habits, and philosophies, listeners gain valuable perspectives on

personal growth, productivity, and the pursuit of excellence, providing valuable insights for leaders striving to optimize their performance and lead fulfilling lives.

Poem: "If—" by Rudyard Kipling

Kipling's timeless poem offers a blueprint for principled leadership and ethical conduct, urging readers to maintain their integrity, resilience, and humility in the face of adversity and success alike. Its timeless wisdom serves as a guiding light for leaders navigating complex challenges while staying true to their values and convictions.

Article: "The Science of Happiness" by Sonja Lyubomirsky

Grounded in scientific research, this article delves into the factors that contribute to lasting happiness and well-being. By exploring evidence-based strategies for cultivating happiness, such as gratitude, kindness, and mindfulness, leaders can enhance their own fulfillment and create environments conducive to the flourishing of their teams.

Book: "Leaders Eat Last: Why Some Teams Pull Together and Others Don't" by Simon Sinek

Sinek explores the dynamics of effective leadership, drawing on anthropological insights to explain how leaders can create cultures of trust, cooperation, and belonging within their organizations. By prioritizing the well-being and development of their team members, leaders can foster environments where individuals thrive and work collaboratively towards shared goals.

Podcast: "The Good Life Project"

Hosted by Jonathan Fields, this podcast explores what it means to live a meaningful and purposeful life. Through interviews with thought leaders, authors, and entrepreneurs, listeners gain insights into personal growth, resilience, and the pursuit of fulfillment, offering valuable lessons for leaders seeking to inspire and empower others to live their best lives.

Article: "The Art of Non-Conformity" by Chris Guillebeau

Guillebeau challenges conventional notions of success and offers alternative perspectives on living a life of purpose and meaning. Through stories of unconventional paths and practical advice for designing a life aligned with one's values and passions, he inspires leaders to break free from societal expectations and create lives that reflect their true selves.

Article: "The Power of Now" by Eckhart Tolle

Tolle explores the transformative power of present-moment awareness in transcending suffering and finding inner peace. Through practical teachings and mindfulness practices, he offers a roadmap for living a life of fulfillment and authenticity, inspiring leaders to cultivate presence and mindfulness in their personal and professional lives.

Book: "Start with Why: How Great Leaders Inspire Everyone to Take Action" by Simon Sinek

Sinek introduces the concept of the "Golden Circle," emphasizing the importance of starting with a clear sense of purpose and direction in leadership. Through compelling examples and

insights, he demonstrates how leaders who understand and communicate their "why" can inspire loyalty, trust, and innovation among their followers.

Poem: "The Road Not Taken" by Robert Frost

Frost's iconic poem reflects on the significance of choices and the paths we take in life. It resonates with leaders as a reminder of the importance of decision-making, resilience, and embracing uncertainty on the journey toward personal and professional fulfillment.