

Supplementary Material (Module 1)

David Eagleman

- Incognito ([Book](#))
- The Brain: The Story of You ([Book](#))
- Livewired – the inside Story of the Ever Changing Brain ([Book](#))

The Brain: BBC 4 series – 6 episodes - [link](#)

Sue Stuart – Smith – The Well Gardened Mind

Paul and Virginia Brown – The art and science of coaching and the neuropsychology of Coaching

Dr Steve Peters The Chimp Paradox – book (or Audio book) – [link](#)

Dan Siegel Books: Mindsight, Interpersonal Neurobiology, Mindful Therapist - [amazon link](#)

Michael Bungay Stanier

Books

- The Advice Trap
- The Coaching Habit
- How to begin – start doing something that matters

How to begin

<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc5zaW1wbGVjYXN0LmNvbS80S1ZLZ3RjcG/episode/NWMxYjhlOTgtMGM4ZS00Y2M3LWE2ZjctNDJiZmU5ZWVjZjI5?hl=en-GB&ved=2ahUKEwj29LLxvKj7AhUPY8AKHexVDo8QjrkEegQlChAF&ep=6>

How to Start Something that matters - Michael Bungay Stanier

<https://podcasts.google.com/feed/aHR0cHM6Ly93d3cuc2lhcncRwYXNzaXZlaW5jb2IlLmNvbS9wb2RjYXN0LXJzcw/episode/Z2lkOi8vYXJ0MTktZXBpc29kZS1sb2NhdG9yL1YwLzNSbi14SDVUWktHRXZGemJYRTVtTXNrRFk4eVNseE8yZm1BVXlpOGtfWXc?hl=en-GB&ved=2ahUKEwj29LLxvKj7AhUPY8AKHexVDo8QjrkEegQlChAl&ep=6>

<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc5wb2RjYXN0bWlycm9yLmNvbS9jb2FjaGluZy1mb3ltbGVhZGVycw/episode/aHR0cHM6Ly9jb2FjaGluZ2ZvcmxlYWRIcnMuY29tLz9wb3NOX3R5cGU9cG9kY2FzdCZwPTU0MDk0?hl=en-GB&ved=2ahUKEwj29LLxvKj7AhUPY8AKHexVDo8QjrkEegQlChAL&ep=6>



Cultivating Curiosity for Meaningful Conversations – the Advice Trap

https://www.youtube.com/watch?v=Xr47u_95HSs

Very useful neuroscience underpinned article on empathy and compassion ...and unattended emotional distress in the workplace.

The Coaching Habit

<https://www.youtube.com/watch?v=HPSeY9OOPMU>

Taming your advice monster

<https://www.youtube.com/watch?v=Kl0rmx7aa0w&t=80s>

<https://www.rhizomeleadership.org/post/not-just-another-post-on-empathy>

Brene Brown: The Power of Vulnerability – TED talk - [link](#)

Books (or Audio books):

- Daring Greatly: How the Courage to be Vulnerable Transforms the Way we Live, Love
- The Power of Vulnerability
- Braving the Wilderness