



*Women of CoreNet Committee Presents*

# Summer Reading List

Our committee has chosen the theme for our programming this year as **See it, Be it!** Our programs will focus on career development throughout an entire lifecycle. We hope to educate and inspire each participant, from interns to CEOs, to attain new heights in their career and life.

We have created this Summer Reading List as suggested reading to accompany our programming for the year. Discussion groups for selected readings (as noted) will be available at each of our happy hour events for those that are interested. The readings are **not** required to enjoy any of our events and are meant simply as an added bonus for those looking to go deeper on selected topics.

## **Suggested Reading (In No Particular Order):**

### **1. Finding Your Own North Star: Claiming the Life you Were Meant to Live – Martha Beck**

In this book, you'll start by learning how to read the internal compasses already built into your brain and body--and why you may have spent your life ignoring their signals. As you become reacquainted with your own deepest desires, you'll identify and repair any unconscious beliefs or unhealed emotional wounds that may be blocking your progress.

This will change your life, but don't worry--although every life is unique, major transformations have common elements, and Beck provides a map that will guide you through your own life changes. You'll learn how to navigate every stage, from the first flickering appearance of a new dream to the planning and implementation of your own ideal life.

Based on Dr. Beck's work as a Harvard-trained sociologist, research associate at Harvard Business School, instructor at Thunderbird Business School, and especially on her experiences with her clients over the last six years, *Finding Your Own North Star* offers thoroughly tested case studies, questionnaires, and exercises to help you articulate your core desires and act on them to build a more satisfying life.

### **2. Radical Candor – Kim Scott**

#### **✓ March Happy Hour Selection**

Radical Candor is a simple idea: to be a good boss, you have to Care Personally at the same time that you Challenge Directly. When you challenge without caring its obnoxious aggression; when you care without challenging its ruinous empathy. When you do neither it's manipulative insincerity.

This simple framework can help you build better relationships at work and fulfill your three key responsibilities as a leader: creating a culture of feedback (praise and criticism), building a cohesive team, and achieving results you're all proud of.

*Radical Candor* offers a guide to those bewildered or exhausted by management, written for bosses and those who manage bosses. Taken from years of the author's experience and distilled clearly giving actionable lessons to the reader; it shows managers how to be successful while retaining their humanity, finding meaning in their job, and creating an environment where people both love their work and their colleagues.

### 3. Emotional Intelligence 2.0 – Travis Bradberry & Jean Greaves

In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for effective tools that can help us to manage, adapt, and strike out ahead of the pack. By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But knowing what EQ is and knowing how to use it to improve your life are two very different things.

*Emotional Intelligence 2.0* delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential:

- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management

### 4. Work Rules - Laszlo Bock

This insight is the heart of WORK RULES!, a compelling and surprisingly playful manifesto that offers lessons including:

Take away managers' power over employees

- Learn from your best employees-and your worst
- Hire only people who are smarter than you are, no matter how long it takes to find them
- Pay unfairly (it's more fair!)
- Don't trust your gut: Use data to predict and shape the future
- Default to open-be transparent and welcome feedback
- If you're comfortable with the amount of freedom you've given your employees, you haven't gone far enough.

Drawing on the latest research in behavioral economics and a profound grasp of human psychology, WORK RULES! also provides teaching examples from a range of industries-including lauded companies that happen to be hideous places to work and little-known companies that achieve spectacular results by valuing and listening to their employees. Bock takes us inside one of history's most explosively successful businesses to reveal why Google is consistently rated one of the best places to work in the world, distilling 15 years of intensive worker R&D into principles that are easy to put into action, whether you're a team of one or a team of thousands.

WORK RULES! shows how to strike a balance between creativity and structure, leading to success you can measure in quality of life as well as market share. Read it to build a better company from within rather than from above; read it to reawaken your joy in what you do.

### 5. Crucial Conversations: Tools for Talking When the Stakes are High – Kerry Patterson

#### ✓ November Happy Hour Selection

The first edition of *Crucial Conversations* exploded onto the scene and revolutionized the way millions of people communicate when stakes are high. This new edition gives you the tools to:

- Prepare for high-stakes situations
- Transform anger and hurt feelings into powerful dialogue
- Make it safe to talk about almost anything
- Be persuasive, not abrasive

## 6. Self Made – Nely Galan

What does it mean to be self-made? It's not just about having money, but financial empowerment is where it begins. It means getting out of survival mode, where you are one problem away from catastrophe. It means changing your mindset from instant gratification to goal orientation. It means being able to sleep at night without worry. It means being rich in every way: rich in money, rich in family, rich in love, rich in time abundant!

For Nely Galán entrepreneur, TV producer, and real estate mogul helping women to become self-made is a movement and a mission. Galán pulls no punches. She is the straight-talking friend and mentor you've always wanted, and here she shares valuable, candid, no-nonsense lessons learned on her own path to becoming self-made ( There is no Prince Charming ; Think like an immigrant ; In your pain is your brand ; Don't buy shoes, buy buildings! ). You'll read inspiring stories of women who started and grew businesses out of ingenuity, opportunity, and need. You'll find exercises to help you identify your goals and your strengths. You'll learn tips and tricks for saving money, making money, and finding hidden money that can help jump-start your self-made dreams.

## 7. Who Moved My Cheese – Spencer Johnson

A timeless business classic, *Who Moved My Cheese?* uses a simple parable to reveal profound truths about dealing with change so that you can enjoy less stress and more success in your work and in your life.

## 8. 5 Dysfunctions of a Team - Patrick Lencioni

In *The Five Dysfunctions of a Team* Patrick Lencioni once again offers a leadership fable that is as enthralling and instructive as his first two best-selling books, *The Five Temptations of a CEO* and *The Four Obsessions of an Extraordinary Executive*. This time, he turns his keen intellect and storytelling power to the fascinating, complex world of teams.

Kathryn Petersen, Decision Tech's CEO, faces the ultimate leadership crisis: Uniting a team in such disarray that it threatens to bring down the entire company. Will she succeed? Will she be fired? Will the company fail? Lencioni's utterly gripping tale serves as a timeless reminder that leadership requires as much courage as it does insight.

Throughout the story, Lencioni reveals the five dysfunctions which go to the very heart of why teams even the best ones-often struggle. He outlines a powerful model and actionable steps that can be used to overcome these common hurdles and build a cohesive, effective team. Just as with his other books, Lencioni has written a compelling fable with a powerful yet deceptively simple message for all those who strive to be exceptional team leaders.

## 9. Strengths Finder 2.0 – Tom Rath

### ✓ July Happy Hour Selection

As a follow-up to the bestseller 'Now, Discover Your Strengths,' 'StrengthsFinder 2.0' picks up where the original left off. It includes new information for the StrengthsFinder program, making it easier than ever before to apply your strengths in your daily life. The book will help you develop strategies for your top five themes. This groundbreaking book is 192 pages long. While it might be short

enough to read in a single sitting, expect to take it out for years to come. It makes a great reference that you can use for navigating through your life with as much strength as possible.

#### **10. The Power of Habit – Charles Duhigg**

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives.

#### **11. Linchpin – Seth Godin**

There used to be two teams in every workplace: management and labor. Now there's a third team, the linchpins. These people figure out what to do when there's no rule book. They delight and challenge their customers and peers. They love their work, pour their best selves into it, and turn each day into a kind of art.

Linchpins are the essential building blocks of great organizations. They may not be famous but they're indispensable. And in today's world, they get the best jobs and the most freedom.

As Godin writes, "Every day I meet people who have so much to give but have been bullied enough or frightened enough to hold it back. It's time to stop complying with the system and draw your own map. You have brilliance in you, your contribution is essential, and the art you create is precious. Only you can do it, and you must."

#### **12. Leaders Eat Last – Simon Sinek**

Imagine a world where almost everyone wakes up inspired to go to work, feels trusted and valued during the day, then returns home feeling fulfilled. This is not a crazy, idealized notion. Today, in many successful organizations, great leaders create environments in which people naturally work together to do remarkable things.

In his work with organizations around the world, Simon Sinek noticed that some teams trust each other so deeply that they would literally put their lives on the line for each other. Other teams, no matter what incentives are offered, are doomed to infighting, fragmentation and failure. Why?

The answer became clear during a conversation with a Marine Corps general. "Officers eat last," he said. Sinek watched as the most junior Marines ate first while the most senior Marines took their place at the back of the line. What's symbolic in the chow hall is deadly serious on the battlefield: Great leaders sacrifice their own comfort--even their own survival--for the good of those in their care.

Too many workplaces are driven by cynicism, paranoia, and self-interest. But the best ones foster trust and cooperation because their leaders build what Sinek calls a "Circle of Safety" that separates the security inside the team from the challenges outside.

Sinek illustrates his ideas with fascinating true stories that range from the military to big business, from government to investment banking.