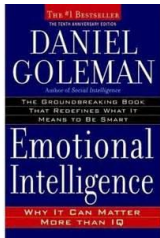


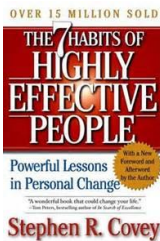
Recommended Reading – HDN Mentoring Programme – North West



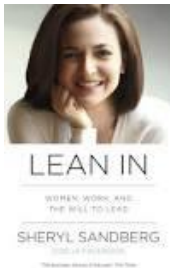
“S.U.M.O. – Shut up Move on” – Paul McGee



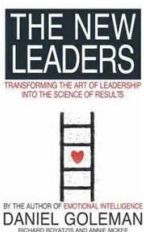
“Emotional Intelligence” – Daniel Goleman



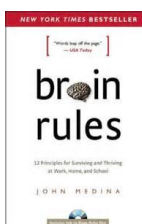
“The 7 habits of highly effective people” – Stephen Covey



“Lean in: Women, Work, and the Will to Lead”
Sheryl Sandberg



“The New Leaders: turning the art of leadership into the science of results” – Daniel Goleman, Richard Boyatzis, Annie McKee



“Brain rules: 12 principles for surviving and thriving at work, home and school” – John Medina

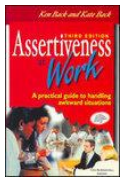
Recommended Reading – HDN Mentoring Programme – North West



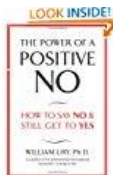
“Feel the fear and do it anyway” – Susan Jeffers



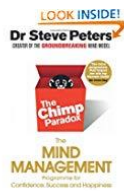
“I'm OK – you're OK” – Thomas A. Harris M.D.



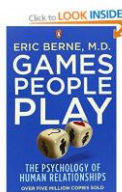
“Assertiveness at work” – Ken Back and Kate Back



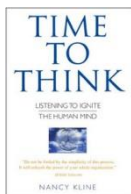
“The Power of a positive NO” – William Ury



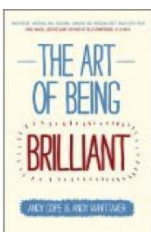
“The Chimp Paradox” – Dr. Steve Peters



“Games people play” – Eric Berne



“Time to Think” – Nancy Kline



“The Art of being brilliant: transform your life by doing what works for you” – Andy Cope and Andy Whittaker