

Demonstrating Dialogue in Mentoring - An APM Webinar November 2022

Sample resources for anyone interested in self-development, mentoring, growth.

Websites & Articles

<https://hbr.org/2017/03/6-things-every-mentor-should-do> rarely is a recommendation list complete without a useful article from Harvard Business Review (HBR)

<https://mentoringgroup.com> a good general resource with some clear guidance on mentoring and expectation management;

<https://mentorloop.com/blog/5> this website provides a number of good articles and insights around mentoring;

https://www.mindtools.com/pages/article/newCDV_72.htm succinct article on mentoring relationships;

<https://www.togetherplatform.com/blog/what-is-the-purpose-of-mentoring> a further perspective on mentoring

Podcasts

[The importance of Mentorship – Michelle Obama](#) a positive, thoughtful insight into Michelle's mentoring relationship with Valerie Jarrett

[On purpose with Jay Shetty](#) - Inspirational insights that encourage self-awareness

[Re:Thinking with Adam Grant](#) - Conversations with interesting thinkers, creators, achievers, and leaders

[The Tony Robbins Podcast](#) - A handy coach in your pocket

[Start here with Mel Robbins](#) - Empowering pep talks that arm you with tools to tackle the challenges we all face

<https://podcasts.apple.com/gb/podcast/ft-news-briefing/id1438449989> - FT news - easy update with current financial news

The Leader - <https://podcasts.apple.com/gb/podcast/the-leader-evening-standard-daily/id1480398327> Daily news - easy listen

<https://podcasts.apple.com/gb/podcast/paynes-politics/id975569919> Paynes politics - weekly wrap up for UK politics

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Books

[Mindset - Carol Dweck](#) - A researched based exploration of the power of our personal beliefs. How Dweck describes it: “[...]My research looks at the origins of mindsets, their role in motivation and self-regulation, and their impact on achievement and interpersonal processes.”

[Switch - Dan Heath, Chip Heath](#) - Through scientific studies and anecdotes, Switch provides simple yet effective tools for implementing change.

[The Power of Habit - Charles Duhigg](#) - A compelling offering of stories that culminate in a scientific review of how self-habits are formed, and why they are so difficult to shake.

Video Channels

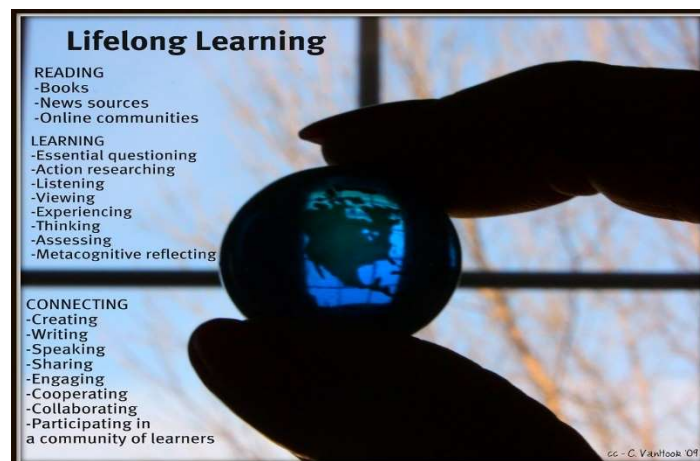
<https://m.youtube.com/c/TheEconomist> The Economist - a strong voice for global perspectives

<https://m.youtube.com/c/TED> I like to watch inspirational speakers on TED but I also use it for whatever takes my interest outside of work as well for example parenting talks or STEM talks

Specific Speakers we all have different voices, perspectives that we like to listen to, here are a few of ours:

- Maya Angelou
- Tony Robbins
- Simon Sinek
- Les Brown
- Jordan Peterson
- Brenne Brown
- Michelle Obama
- Matt Abrahams (Stanford GSB)
- Dr Julie Smith (psychologist)
- Mel Robbins
- Jully Black
- Luvvie Ajayi Jones

The above list is not exhaustive, it's simply to provide some insights into the resources we use. We've shared some of the sources for the knowledge we've gained. We hope you'll find them useful.



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