

Recommended Resources

Four ways to put this week's skill into practice — pick the format that fits your schedule.



READ • BOOKS

Think Again

Adam Grant

Switch

Chip & Dan Heath



LEARN • LINKEDIN

Leading Change Through Agility and Resilience

3:34

Leading Your Team Through Change

21 min.



ARTICLE • READ

Developing a resilient, adaptable workforce for an uncertain future

McKinsey Quarterly ~15-18 min read

Leading Change: Why Transformation Efforts Fail

John P. Kotter · HBR · ~18 min read



PRACTICE • TOOL

Stop-Start-Continue

This week's tool

Apply it to one team process

FEATURED • CREATED BY WELLSTAR LEADERSHIP DEVELOPMENT

TEAMCare Kit for Collaborative Influence: Shaping Outcomes Together

Leadershipwellstar.com

Kit • 90 min

WELLSTAR RESOURCES Wellness & Work Life Resources

Wellness Consultants • SpringHealth (EAP) • wellstarconciierge.com • Headspace • Sharecare
Leader Fundamentals: [Leading Change](#) • Leadershipwellstar.com • employeeewellness@wellstar.org