

Recommended Resources

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



READ • BOOKS

[Transitions: Making Sense of Life's Changes](#)

by William Bridges

[Leading Change](#)

by John Kotter



LEARN • LINKEDIN

[How to Have One-On-One Change Conversations](#)

3:52

[Change Management Foundations](#)

45 min.



ARTICLES • READ

[6 Strategies for Leading Through Uncertainty](#)

Rebecca Zucker & Darin Rowell · Harvard Business Review, 2025 · 6 min.

[Leadership Tips for Navigating Uncertain Times](#)

Harvard Division of Continuing Education · Oct 2025 · 4 min.



WATCH • VIDEOS

[How to Lead in a Crisis](#)

Amy Edmondson · TED · 10 min.

[How to Make Stress Your Friend](#)

Kelly McGonigal · TED · 14 min.

WELLSTAR RESOURCES
Wellness & Work Life Resources

Wellness Consultants • SpringHealth (EAP) • [wellstarconcierge.com](#) • Headspace • Sharecare

Leader Fundamentals: [Leading Change](#) • [leadershipwellstar.com](#) • [employeeewellness@wellstar.org](#)