

Recommended Resources

Four ways to put this week's skill into practice — pick the format that fits your schedule. Some links may require you to be connected to the Wellstar network.



READ • BOOKS

[Scaling Leadership: Building Organizational Capability and Capacity to Create Outcomes that Matter ...](#)

By Robert J. Anderson & William A. Adams

[Time, Talent, Energy: Overcome Organizational Drag](#)
by Michael Mankins & Eric Garton



LEARN • LINKEDIN

[Leading Your Team Through Change](#)

LinkedIn Learning via Workday - 21 min.

[Delegating Tasks](#)
LinkedIn Learning via Workday - 35 min.



ARTICLES • READ

[When Everything Is a Priority, Nothing Moves Forward](#)
Forbes Coaches Council · Forbes, 2026 · 5 min.

[Planned Abandonment: Out With the Old, In With the New](#)
.Peter Drucker – 10 min.



WATCH • VIDEOS

[Stop Initiative Overload](#)
Rose Hollister & Michael Watkins · HBR IdeaCast (audio podcast) · 25 min.

[Limited Resources or Unlimited Resourcefulness](#)
Scott Lesnick · TEDxOshkosh · 18 min.

[Essentialism - The Disciplined Pursuit of Less](#)
Greg McKeown – 5 min.

WELLSTAR RESOURCES Wellness & Work Life Resources

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