



Recommended Resources

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



READ • BOOKS

[Thinking in Bets](#)

by Annie Duke

[Essentialism: The Disciplined Pursuit of Less](#)

by Greg McKeown



LEARN • LINKEDIN

[Productivity: Prioritizing at Work](#)

49 min.

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

3:52



ARTICLES • READ

[6 Strategies for Leading Through Uncertainty](#)

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

[Shaping Courage Through Clarity: How Leaders Empower Teams in Uncertain Times](#)



WATCH • VIDEOS

[Leading Your Team Through Change and Uncertainty](#)

David Burkus · YouTube · 8 min.

[How Great Leaders Make Confident Decisions Amid Uncertainty](#)

Atif Zaim & Jimmy Chin · KPMG US · 5 min.

WELLSTAR RESOURCES Wellness & Work Life Resources

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