

Recommended Resources

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



READ • BOOKS

[Crucial Conversations: Tools for Talking When Stakes Are High](#)

by Patterson, Grenny, McMillan, and Switzler



LEARN • LINKEDIN

[Communicating in Times of Change](#)

52 min

[Communicating with Transparency](#)

38 min

[Building Trust as a Leader](#)

9 min



ARTICLES • READ

[Leadership Tips for Navigating Uncertain Times](#)

Harvard Division of Continuing Education, 2025

[Leading During Uncertain Times](#)

Wharton Magazine, 2024



WATCH • VIDEOS

[The Power of Vulnerability](#)

Brené Brown • TED Talk • 20 min

[Why Good Leaders Make You Feel Safe](#)

Simon Sinek • TED Talk • 12 min

FEATURED • WELLSTAR LEADERSHIP DEVELOPMENT

TeamCare Kit: [Leading Through Uncertainty](#)

[TeamCare Kit](#)

WELLSTAR RESOURCES
Wellness & Work Life Resources

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

Sampling of recommendations • Questions? Contact Leadership Development at lead@wellstar.org • Wellstar team members can access LinkedIn Learning through Workday

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