

The Nature Conservancy

All Staff Meeting, December 13, 2018

Additional Program Resources

Neurodiversity

- Austin, Robert D., and Gary P. Pisano. "Neurodiversity as a Competitive Advantage." SHRM, SHRM, 11 Apr. 2018, www.shrm.org/resourcesandtools/hr-topics/organizational-and-employee-development/pages/neurodiversity-as-a-competitive-advantage.aspx.
- Moss, Desda. "7 Measures of an Effective Workplace." SHRM, SHRM, 30 Mar. 2018, www.shrm.org/hr-today/news/hr-news/conference-today/pages/2017/7-measures-of-an-effective-workplace.aspx.
- Hidden Brain Podcast, hosted by Shankar Vedantam: <https://www.npr.org/podcasts/510308/hidden-brain>
- Walker, Nick. "Neurodiversity: Some Basic Terms & Definitions." NEUROCOSMOPOLITANISM RSS, neurocosmopolitanism.com/neurodiversity-some-basic-terms-definitions/.

Neuroscience

- Barrett, L.F. (2018). *How Emotions Are Made: The Secret Life Of The Brain*. London: Pan Books.
- Davidson, R. (2015). *The Neuroscience of Compassion*. Better Listen Audio. (Audiobook) – Note: Dr. Davidson is the founder of the [Center for Healthy Minds](http://CenterforHealthyMinds.org) in Madison, WI.
- Heath, C. & Heath, D. (2010). *Switch: How to Change Things When Change Is Hard*. Crown Business.
- Glaser, J.E. (2016). *Conversational Intelligence. How Great Leaders Build Trust And Get Extraordinary Results*. Routledge. Note: Levels of Conversation structure is from this book.
- Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. Bantam.
- Zak, P. J. (2016, December 19). *The Neuroscience of Trust*. Retrieved from <https://hbr.org/2017/01/the-neuroscience-of-trust>

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Additional Program Resources (con't)

Validation & Challenging Conversations

- Shapiro, D. (2017). *Negotiating the Nonnegotiable: How to Resolve Your Most Emotionally Charged Conflicts*. Penguin Books.

Why and How to Fight Stigma

- “9 Ways To Fight Mental Health Stigma.” NAMI: National Alliance on Mental Illness, www.nami.org/Blogs/NAMI-Blog/October-2017/9-Ways-to-Fight-Mental-Health-Stigma.
- “Support Someone.” Time To Change, 5 Oct. 2017, www.time-to-change.org.uk/about-mental-health/support-someone.
- Ted. “12 Talks on the Struggle of Mental Health.” Ted, Ted, www.ted.com/playlists/175/the_struggle_of_mental_health
 - Eleanor Longdon is my favorite.
- “What to Say - Tips for Talking about Mental Illnesses.” Make It Ok, <https://makeitok.org/what-to-say>.

Please reach out via phone (608-514-1645) or email (jacy@jacyimilkowski.com) with any questions, comments, or feedback!

Best,

-Jacy