



2023 Recommended Resources

Officer Women Leadership Symposium (OWLS)

Leading for Impact

13-14 April 2023

We hope you appreciate these resources recommended by speakers and participants from the 2023 Career Workshop and Officer Women Leadership Symposium:

- Goal Digger
- The Subtle Art of Not Giving a F*ck by Mark Manson
- Overcoming The Imposter by Kris Kelso
- Anything by Patrick Lencioni
- Dare To Lead
- <https://www.limitlessbook.com/>
- Radical Candor by Kim Scott; anything Brene Brown.
- Book - The Energy Bus by Jon Gordon
- Forged in Fire - LGBTQ Leadership Development Podcast
- The Book of Boundaries by Melissa Urban
- Freakonomics M.D. #70. Why are still So Few Female Surgeons?
- Book -The Personal Librarian a novel based on the true story of a woman of color who along with most of her family pretended to be white. She became the Personal Librarian JP Morgan
- You are Worth It by Kyle Carpenter
- The First 90 Days Essentialism Effortless
- Fight Like a Girl by Kate Germano
- Start With Why
- This American Life Podcast
- Grit
- 5 Dysfunctions of a Team
- Outliers
- Start With Why - by Simon Sinek
- Can' Hurt Me by David Goggins
- Marine WIT podcast
- The Talent War
- The Perfectionist's Guide to Losing Control - Katherine Morgan Schafler
- Overwhelmed by Brigid Schulte
- A Piece of Cake by Cupcake Brown
- Legacy
- Dare to Lead by Brene Brown

- Bigger Pockets Podcast
- Positive Intelligence by Shirzad Chamine The First 90 Days by Michael D. Watkins
- Invisible Women
- The One You Feed
- Dare to Lead by Brene Brown
- <https://podcasts.apple.com/us/podcast/the-mo-katy-show/id1528818428>
- A Piece of Cake by Cupcake Brown
- ?“What Management Is How it Works and Why it’s Everyone’s Business” Joan Magretta
- Brene Brown - Dare to Lead
- The 7 Habits of Highly Effective People (S.Covey)
- Book: “What Management Is How it Works and Why it’s Everyone’s Business” Joan Magretta
- Dare to Lead by Brene Brown
- Alone at Dawn by Dan Schilling and Lori Chapman Longfritz
- Alone at Dawn by Dan Schilling and Lori Chapman Longfritz
- Huberman Lab podcast
- What you didnt learn in History Class
- Thus Spoke Zarathustra - Friedrich Nietzsche
- 360 Degree Leader by John C. Maxwell
- Dare to Lead by Brené Brown
- DC Women's Professional Network
- Camouflage Isn't Only for Combat by Melissa Herbert
- Men explain things to me
- The One You Feed Podcast
- Breaking Ice and Breaking Glass
- Permission to Speak Freely - Doug Crandall
- Huberman Lab podcast
- The Four Agreements by Don Miguel Ruiz
- Stuff You Should Know podcast
- Atomic Habits by James Clear
- Relationships Made Easy by Dr. Abby Medcalf
- Brene Brown podcasts
- Man's Search For Meaning by Viktor Frankl
- Atomic Habits by James Clear
- Asia's Cauldron
- Alone at Dawn by Dan Schilling and Lori Chapman Longfritz
- Crucial conversations
- Delete the Adjective by Lisa Jaster
- Joan Magretta's book: What Management Is: How It Works and Why It's Everyone's Business
- 99 percent invisible
- Blind Spot - Mahzarin R. Banah and Anthony G. Greenwald
- The Daily Stoic
- Brene Brown Gifts of Imperfections/Dare to Lead

- Untamed by Glennon Doyle
- Man's Search for Meaning by Viktor Frankl
- Atomic Habits
- Rage Becomes Her: The Power of Women's Anger (Book) Author: Soraya Chemaly
- Book: What Management Is by Joan Magretta
- USAF Federal Women's Program USAF Women's Initiatives Team
- [book] 'Deep Work' by Cal Newport
- Emotional Intelligence for the Modern Leader
- The Purpose Driven Life
- Book: The little prince
- Invisible Women: Exposing Data Bias in a World Designed for Men Book by Caroline Criado-Perez
- Dare To Lead
- What Got You Here Won't Get You There by Marshall Goldsmith
- Make your Bed William H. McRaven
- Subtle Art of Not Giving a F*ck by Mark Manson
- Podcasts: The Daily Mastery Tiny Leaps big Changes. Books: Strengths Based Leadership How to Say Anything to Anyone The Power of a Positive Team Start With Why.
- Outward Mindset by the Arbinger Institute and Lean In by Sheryl Sandberg
- The Missing piece
- USTLER
- Maintenance Phase
- 41 Area Women's Interest Group (for anyone aboard Camp Pendleton)
- Good Boss Bad Boss
- 6 Working Genius The 15 Invaluable Laws of Growth
- The Psychology of your 20s -with Jemma Sbeg
- Atomic Habits by James Clear
- The Structure of Scientific Revolutions by Thomas Kuhn
- Caste
- Maybe you should talk to someone book
- Military FIRE
- The Fearless Organization by Amy Edmondson
- Better by Atul Gawande
- Wolfpack
- The Long Game by Dorie Clark
- Women in Leadership - eCornell Univ.
- Dare To Lead (book and podcast) by Dr. Brene Brown
- for USCG aviators - Flight Suit Friday
- Happiness Lab podcast
- The daily Stoic 366 Meditations.
- What Got You Here Won't Get You There by Marshal Goldsmith (book); EmpowerHER (podcast)
- Rethinking suicide work appropriate

- Bigger Pockets Real Estate Podcast
- Open Season by Ben Crump
- Brief
- Diversity and Inclusion Podcast by Gen McChrystal
- Bombshell & War on the Rocks
- 6 Working Genius
- Brief
- CENTERSTONE MILITARY SERVICES
- The Freak Factor - Dave Rendall
- Strict Scrutiny
- WOLFPACK: How to Come Together Unleash Our Power and Change the Game by Abby Wambach
- We should all be Millionaires
- Never Eat Alone by Keith Ferrazzi
- Designing Your Life by Bill Burnett and Dave Evans
- How I Built This podcast
- DAF Barrier Analysis Working Groups
- Talking To Strangers Gladwell
- Chief Podcast Book: Career Mapping by Ginny Clarke
- Bigger Pockets Real Estate Podcast
- Minority Leader - How to Lead from the Outside and Make Real Change by Stacy Abrams
- The Daily Punch Podcast
- Clear + Vivid with Alan Alda
- Girl Wash your face
- Alone at Dawn by Dan Schilling and Lori Chapman Longfritz
- Vets2Industry Women of the Military Podcast American Corporate Partners (ACP)
- Veterati
- It's OK to Tell My Story Surviving Common Law Domestic Violence
- The KORE Women Podcast
- Brother's Echo Radio Podcast
- The Purpose Linked Organization: How Passionate Leaders Inspire Winning Teams & Great Results
- Extreme Ownership book
- A Slight Change of Plans Re: Thinking
- Never Split the Difference Chriss Voss
- Rich Dad Poor Dad
- The Subtle Art of Not Giving a F*ck
- DAF Women's Officers Forum - FB Group and Bellas Ad Bellum - Podcast
- Emily Oster for her data analysis breakdowns. Your Local Epidemiologist for her epi data discussions. We all need to understand the way data is presented and flawed to make informed decisions in leadership positions.
- Scrum: The Art of Doing Twice the Work in Half the Time; From the Crow's Nest Podcast
- War on the Rocks Podcast

- If Disney ran your hospital
- Never Split the Difference-Chris Voss
- Pacific crucible
- Anything by Brene Brown but especially her "Dare to Lead" podcast.
- Daring Greatly by Brene Brown
- Stripping to the Core by Dr. LaNee Javet
- We Band of Angels
- Creating Personal Presence Dianna Booher
- The Speed of Trust by Stephen Covey & The 5 Dysfunctions of a Team by Patrick Lencioni
- i guess i haven't learned that yet by Shauna Niequist
- Candid Leadership
- Multpliers by Liz Wiseman
- Leaders eat last book by Simon Sinek
- Untamed - Glennon Doyle
- The Short Term Show with Avery Carl
- Pat Summit's Autobiography
- Brene Brown- the call to courage
- The confidence code by Katty Kay and Claire Shipman and Centered Leadership by Joanna Barsch
- "You are a badass" Jen Sincero

Recommended Resources from Roundtable Speakers:

- [Lean In: Women, Work, and the Will to Lead](#) by Sheryl Sandberg
- [Leadership: In Turbulent Times](#) by Doris Kearns Goodwin
- [Nudge: Improving Decisions About Health, Wealth, and Happiness](#) by Richard H. Thaler and Cass R. Sunstein
- [Invisible Women: Exposing Data Bias in a World Designed for Men](#) by Caroline Criado Perez
- [Dare to Lead](#) by Brené Brown
- [Athena Rising: How and Why Men Should Mentor Women](#) by W. Brad Johnson and David Smith
- [Out Standing in the Field: A Memoir by Canada's First Female Infantry Officer](#) by Sandra Perron
- [Warrior: How to Support Those Who Protect Us](#) by Shauna Howarth Springer, PhD
- [Beyond the Military: A Leader's Handbook for Warrior Reintegration](#) by Jason Roncoroi and Shauna Springer, PhD
- [Good Guys: How Men Can Be Better Allies for Women in the Workplace](#) by David G. Smith and W. Brad Johnson
- [The Confidence Code: The Science and Art of Self-Assurance -What Women Should Know](#) by Katty Kay and Claire Shipman

- [Factfulness: Ten Reasons We're Wrong About the World and Why Things are Better Than you Think](#) by Hans Rosling
- [Marriage. for Equals: The Successful Joint \(Ad\)Ventures of Well-Educated Couples](#) by Shauna Howarth Springer, PhD
- [The Art of War](#) by Sun Tzu
- [Why We Sleep: Unlocking the Power of Sleep and Dreams](#) by Matthew Walker PhD

Past Recommended Resources:

- [The Mo and Katy Show](#) Podcast
- [Janine Spendlove Fantasy Series](#) (Janine Garner Marine Corps Pilot - [Janine Spendlove](#))
- [Grief Out Loud](#) Podcast
- [Yasmin Davidds](#) on Negotiations
- [Third Space Thinking](#) - USC Annenberg
- [eMentor Program](#): a mentoring program for military, veterans, and military spouse
- [Jannell MacCauley Resources 2020](#)
- Videos of Distinguished Speaker Series discussion: [Unraveling Unconscious Bias](#)
- Brene Brown on [Empathy](#)
- [Dare to Inspire: Sustain the Fire of Inspiration in Work and Life](#) by Brené Brown
- [Dare to Lead: Brave Work. Tough Conversations. Whole Hearts](#) by Brené Brown
- [Brené Brown Unlocking Us \(Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle episode\)](#)
- [The Calm App](#)
- [The Comfort Zone Camp](#): Resource for a child who has suffered a loss
- HBR article on how [virtual presenting is weird](#)

We encourage you to continue to challenge your thinking and spark new ideas of ways to hone your leadership skills to positively navigate the ambiguities of these unprecedented times.