

**A MEETING OF THE MINDS LEADERSHIP SERIES
SESSION 1 RESOURCES:**

Tools:

[Calm.com](https://www.calm.com)

[InsightTimer.com](https://www.insighttimer.com)

Podcasts/videos:

Giving Everyone Permission to Feel - Dr. Marc Brackett

- <https://open.spotify.com/episode/09d9EnuGp1A2AenUaSYkqE?si=Cg3nvkgGSx6tCuFzUxsTzQ>

[What is mindfulness](#) – John Kabat Zinn

Books:

Compassionate Leadership and Dare to Lead - Brene Brown

The Science of Meditation – Goleman and Davidson

Articles:

Mindful Working: The Best Practices for Bringing Mindfulness to Work

- <https://www.mindful.org/mindful-working-the-best-practices-for-bringing-mindfulness-to-work/>

Time Magazine: Mindfulness: The New Science of Health and Happiness (2017)