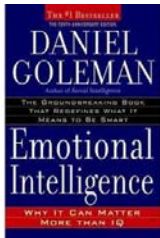


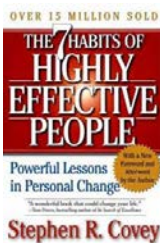
## Recommended Reading – HDN Mentoring Programme – North West



**“S.U.M.O. – Shut up Move on” – Paul McGee**



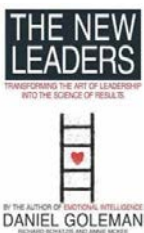
**“Emotional Intelligence” – Daniel Goleman**



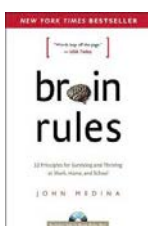
**“The 7 habits of highly effective people” – Stephen Covey**



**“Lean in: Women, Work, and the Will to Lead”  
Sheryl Sandberg**



**“The New Leaders: turning the art of leadership into the science of results” – Daniel Goleman, Richard Boyatzis, Annie McKee**

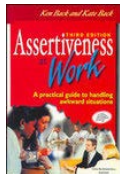


**“Brain rules: 12 principles for surviving and thriving at work, home and school” – John Medina**

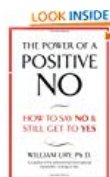
## Recommended Reading – HDN Mentoring Programme – North West



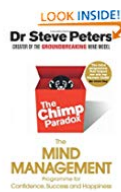
**“Feel the fear and do it anyway” – Susan Jeffers**



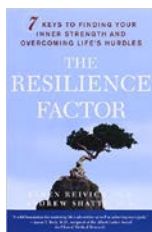
**“Assertiveness at work” – Ken Back and Kate Back**



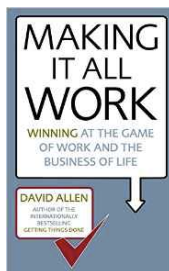
**“The Power of a positive NO” – William Ury**



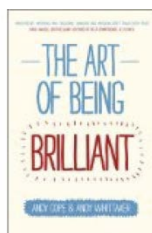
**“The Chimp Paradox” – Dr. Steve Peters**



**“The Resilience Factor” – Karen Reivich & Andrew Shatté**



**"Making it all work" - David Allen**



**“The Art of being brilliant: transform your life by doing what works for you” – Andy Cope and Andy Whittaker**