

# TED Talks

**Amy Cuddy** – Your body language shapes who you are

**Megan Washington** – Why I live in mortal dread of public speaking

**Dr Ivan Joseph** - The skill of self confidence

**Adam Galinsky** – How to speak up for yourself

**Andy Puddicombe** – All it takes is 10 mindful minutes

**Isaac Lidsky** – What reality are you creating for yourself?

**Al Gore** – The case for optimism on climate change

**Yassmin Abdel-Magied** - What does my headscarf mean to you?

**Simon Sinek** – How great leaders inspire action

**Tony Robbins** – Why we do what we do

**Susan Cain** – The power of introverts

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