



December, 2018 *In The Know* Summary

## 'Open Mic'

We took a break from our typical format this month and instead took turns sharing recommended readings with the group.

### Discussion Highlights

#### [Songs Of Iraq: A Year Long Deployment](#)

By Paul Shannon

Poem: *Cup of Jo*

Discussion: What can you control when your circumstances are out of control?

#### [Dare to Lead](#)

By Brené Brown

Content is very accessible. Includes a values exercise that can help clients figure out what matters most in their lives. Can be done with index cards where you sort values into piles by "Most important," "Somewhat important," and "Not important."

#### [Prism of Value](#)

By Liz Wainger

Author is a communications specialist with a journalism background. Proposes a new way to answer the question "What do you do?" Instead of, "I'm a lawyer." Say, "I keep kids out of jail." Great values exercise to talk with stakeholders to see what value to I bring to you. *Discussion:*

- Activity with a client: Write your obituary or retirement speech. What would you want people to say about you? One way to find out it is ask people close to you, "What value do I bring to you?"
- AI approach for how to identify values for a group or individual. Work in groups. Ask: Why am I here? Why do I get up in the morning and come to work everyday? After the storytelling, ask for others to reflect on: What did you hear from that person? What do they think is the most important?

#### [Willpower Instinct How Self-Control Works, Why it Matters, and What You can do To Get More of It](#)

By Kelly McGonigal

Author is a scientist. Connects brain science to bad habits, decision-making, lack of decision-making.

#### [Self-Compassion: The Proven Power of Being Kind to Yourself](#)

By Kristin Nef

Not a new book, but very powerful argument for self-care, learning to listen to negative thoughts. Fits well with the book [You Are Not Your Brain](#) by Jeffrey Schwartz.

#### [Subliminal: How Your Unconscious Mind Rules Your Behavior](#)

By Leonard Mlodinow

This book discusses what is happening in your unconscious brain. Details memory, vision. Great application for the workplace.

The Secret Life of the Corporate Jester: A Fresh Perspective on Organizational Leadership, Culture and Behavior

By David T. Riveness

This book is a collection of short stories and facilitation questions. Talks about blindspots. Example: story of the ten wise men and the elephant. Each person is touching a different part of the elephant and with confidence convinced that they know what they are referring to. Metaphor for coming together with a shared vision. Author has a newsletter with corporate relevance.

The Infinite Game

By Simon Sinek

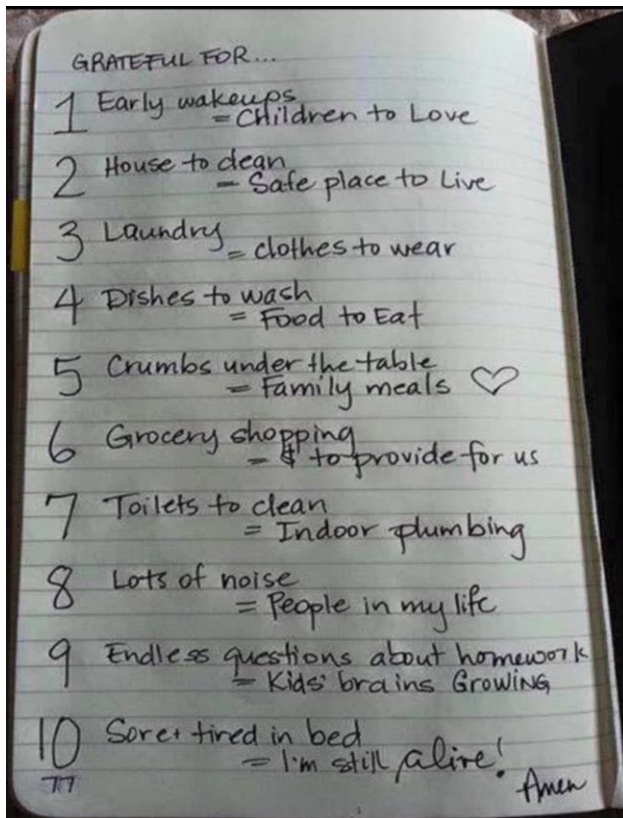
Applies game theory to organizational development. Talks about how, in the gaming world, there are two(ish) story lines. Talks about organizational survival perspective—and how leaders need to be brave and take risks to stand out.

Changing on the Job: Developing Leaders for a Complex World

by Jennifer Garvey Berger

Presents four levels of adult development in a matrix that is clear with development questions and challenges at each stage. For example, assess whether you have long-range view and have a vision. Consider whether you believe you have control, or it's an illusion. (True leaders realize they do not have control.)

**Gratitude Prayer** – Source Unknown.



\*The Chesapeake Bay Organizational Development Network (CBODN) Book Club is a monthly session, open to all learners. Each month, a presenter shares highlights from a book related to leadership, business, or coaching. There's no obligation to pre-read the book. The session summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. [Register here](#) for upcoming events. For a listing of Book Club summaries, [click here](#).