COMTO Emerging Leaders Sub-Committee Resources

Work-Life Balance Resources
Below is a list of resources to accompany the Emerging Leaders Webinar: Navigating Work-Life Balance During Challenging Times. The webinar explored utilizing resources to pivot your career and personal life, and the importance of goal setting and brand development in the midst of these uncertain times.

Speaker: Deborah Owens, Corporate Alley Cat
corporatealleycat.com

Book: Life Matters: Creating a Dynamic Balance of Work, Family, Time, & Money by A. Rodger Merrill
www.amazon.com/Life-Matters-Creating-dynamic-balance/dp/0071441786?&tag=businessnewsdaily-20

Book: Lead with Balance: How to Master Work-Life Balance In an Imbalanced Culture by Donnie Hutchinson

Book: Awaken the Giant in You by Tony Robbins
www.tonyrobbins.com/tony-robbins-books

Book: Real Help: Road to Redemption by Lucinda Cross
www.amazon.com/Road-Redemption-Lucinda-Cross/dp/0615566065

Podcast: Secret to Success by Eric Thomas
etinspires.com/eta-podcast

Podcast: Minority Trailblazer
https://gregehill.com/mtpodcast/

Podcast: Tiny Leaps, Big Changes by Gregg Clunis
https://greggclunis.com/tiny-leaps/

Article: Thrive Yard
https://www.thriveyard.com/365-daily-tips-for-self-improvement/