



Fostering Change: Combating Negativity Resource List

Websites:

University of Pennsylvania – Positive Psychology Program

<https://ppc.sas.upenn.edu/>

University of Pennsylvania – Resilience Program

<https://ppc.sas.upenn.edu/resilience-programs/resilience-skill-set>

Podcasts:

Brene Brown – Dare to Lead

<https://brenebrown.com/podcast-show/dare-to-lead/>

Adam Grant – Re: Thinking

<https://adamgrant.net/podcasts/rethinking/>

Adam Grant – Work Life

<https://adamgrant.net/podcasts/>

Books:

Learned Optimism by Martin Seligman

Flourish by Martin Seligman

How to Overcome Negativity in the Workplace by Lani Arredondo

21 Ways to Diffuse Anger and Calm People Down by Michael Staver

The Mediator's Handbook by Jennifer E. Beer with Eileen Stief

The Little Book of Conflict Transformation by John Paul Lederach

Teamwork & Teamplay by Jim Cain and Barry Jolliff