

The Art and Science of Compass For Life



Floyd Woodrow MBE DCM

The science behind the Compass for Life is clear.

We have also run our own projects using research to prove that when all four cardinals are in alignment, there is significant improvement in people's performance, from 5 year old children to CEO's, to sports or military leaders.

The art of the Compass for Life Programme is in how the compass is delivered to each group.

"Floyd Woodrow's Compass for Life is a beautifully simple idea. But don't be deceived by how easy it is to grasp. Behind the scenes lies some highly sophisticated psychology, with a well-established evidence base for enhancing wellbeing, performance, and relationship quality."

Dr Roger Bretherton
Associate Professor in Psychology
University of Lincoln

"Floyd Woodrow MBE DCM and his team have created a most important and original model for developing young people that sits firmly within and supports the curriculum. Floyd outlines how having a "Compass for Life" can help students to find their power of purpose and give them the strategic skills, values and confidence to achieve their aspirations. This programme has already proven its potential to close the disadvantaged gap between students and assist social mobility. Once developed these skills become a powerful support system on their journey of life".

Sir Anthony Seldon

"Everything should be made as simple as possible, but no simpler."

Einstein

"Simplicity is the ultimate sophistication."

Leonardo da Vinci





Super North Star Research

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Character Strengths in the Workplace and Organizations

A selection of research papers

URL: <https://www.viacharacter.org/research/findings/character-strengths-in-the-workplace-and-organizations>



Gallup

This study showed that many aspects of one's wellbeing were increased significantly if an individual's strengths were utilised on a regular basis at work. The most improved area in this regard was perceived resilience of the individual.

URL: <https://news.gallup.com/businessjournal/146972/strengths-boost-engagement.aspx>



PERMA Model (positive psychology at its core) (Seligman 2009)

The foundation of how human life will flourish. The meaning of a life model

URL: <https://www.authentic happiness.sas.upenn.edu/learn>



Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being

Human beings can be proactive and engaged or, alternatively, passive and alienated, largely as a function of the social conditions in which they develop and function. This research explores self-determination theory.

URL: https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf

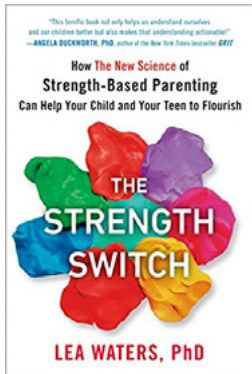




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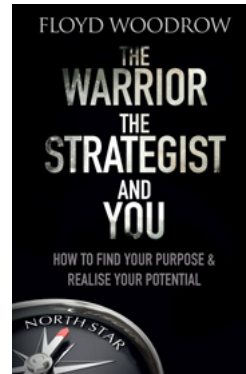
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Lea Waters - The Strength Switch

This book highlights the benefits to people in their networks when people focus on doing the things that they find most natural to them.

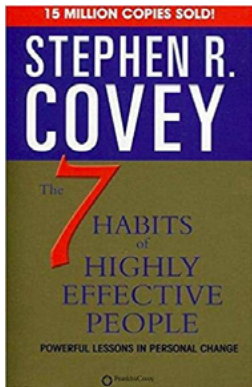
This is not to say they don't try other things, but that their resilience is far stronger the more they are able to play to their strengths.



Floyd Woodrow - The Warrior, The Strategist and You

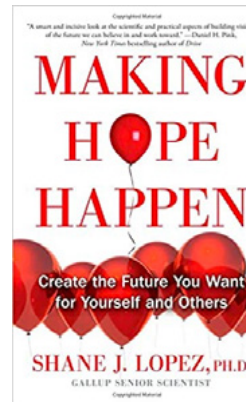
This book outlines Floyd's deeply practical, innovative and highly sought-after teachings to show how each of us can unlock both the Warrior and the Strategist within.

This is a philosophy for business, for battle, for sport - and for everyone who wants to realise their potential and be the very best that they can be. Floyd will help you to understand your motivations and overcome your fears, to clearly plan your goals, and to accomplish that plan boldly and successfully, mentally overcoming life's greatest obstacles.



Stephen R Covey - The 7 Habits of Highly Effective People

In THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE Stephen R. Covey presents a holistic, integrated, principle-centred approach for solving personal and professional problems. With penetrating insights and pointed anecdotes, Covey reveals a step-by-step pathway for living with fairness, integrity, honesty and human dignity - principles that give us the security to adapt to change, and the wisdom and power to take advantage of the opportunities that change creates strengths.



Shane Lopez - Making Hope Happen

Using discoveries from the largest study of hopeful people ever conducted, Shane J. Lopez, PhD, "the world's preeminent expert on hope" reveals that hope is not just an emotion but an essential life tool.

Hope is a leading indicator of success in relationships, academics, career, and business, and with Making Hope Happen, you can measure your level of hope and learn how to increase, use, and share it. In addition, Lopez shares the uplifting stories of real people who have created hope in their own lives and communities, from a CEO who befriended a curious nine-year-old to a college student who is thriving after two heart transplants.

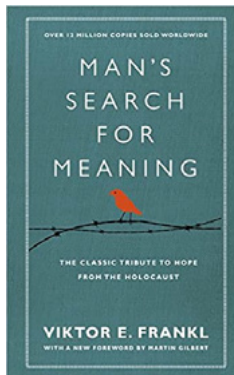




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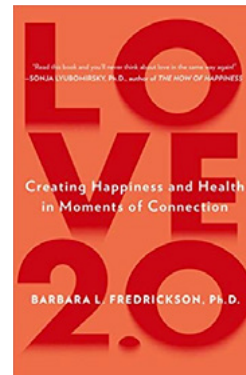
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Viktor Frankl - Man's Search for Meaning

A prominent Viennese psychiatrist before the war, Viktor Frankl was uniquely able to observe the way that both he and others in Auschwitz coped (or didn't) with the experience. He noticed that it was the men who comforted others and who gave away their last piece of bread who survived the longest - and who offered proof that everything can be taken away from us except the ability to choose our attitude in any given set of circumstances.

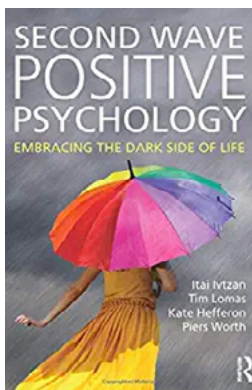
Frankl came to believe man's deepest desire is to search for meaning and purpose.



Barbara Fredrickson - Creating Happiness and Health in Moments of Connection

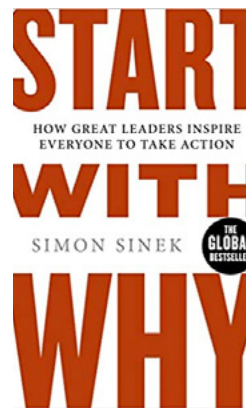
Positive emotions expert Barbara Fredrickson investigates the importance of love in improving mental and physical health. Using research from her lab,

Fredrickson redefines love as micro moments of connection possible between all people, demonstrating that capacity for love can be measured and strengthened to improve health and longevity. She also presents practices that allow love to be unlocked, to generate compassion and self soothe.



Second Wave Positive Psychology

Positive psychology is currently equated with theory and research on the positive aspects of life. The reality could not be further from the truth. Positive psychology investigates and researches some of the most difficult and painful experiences. Second Wave Positive Psychology: Embracing the Dark Side of Life is an innovative and groundbreaking textbook that explores a variety of topics we consider to be part of the 'dark' side of life while emphasising their role in our positive functioning and transformation as human beings. This more nuanced approach to the notions of 'positive' and 'negative' can be described as the 'second wave' of Positive Psychology.



Simon Sinek - Start With Why

Why are some people and organizations more inventive, pioneering and successful than others? And why are they able to repeat their success again and again?

Because in business it doesn't matter what you do, it matters why you do it. Steve Jobs, the Wright brothers and Martin Luther King have one thing in common: they STARTED WITH WHY.

This book is for anyone who wants to inspire others, or to be inspired.

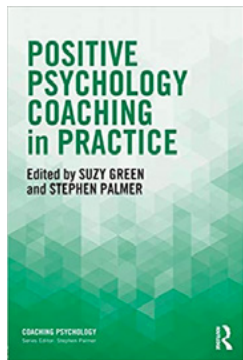




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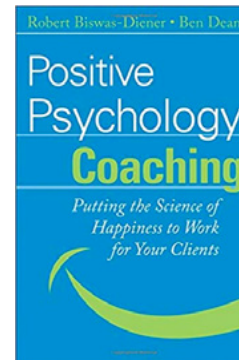
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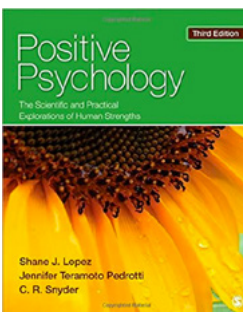
Suzy Green & Stephen Palmer - Positive Psychology Coaching in Practice

Positive Psychology Coaching in Practice provides a comprehensive overview of positive psychology coaching, bringing together the best of science and practice, highlighting current research, and emphasizing the applicability of each element to coaching. With an international range of contributors, this book is a unique resource for those seeking to integrate positive psychology into their evidence-based coaching practice.



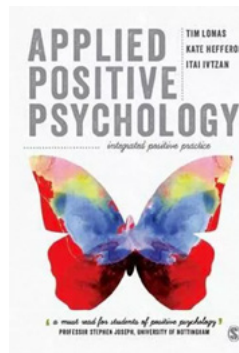
Robert Biswas-Diener and Ben Dean - Positive Psychology Coaching

Positive psychology moves psychology from a medical model toward a strengths model to help clients shore up their strengths and thereby lead happier, more fulfilling lives. Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients provides concrete language and interventions for integrating positive psychology techniques into any mental health practice.



Lopez, Pedrotti & Snyder - Positive Psychology

Positive Psychology offers a comprehensive coverage of the science and application of positive psychology, and presents new frameworks for understanding positive emotions and human strengths. The book brings the concept to life by tackling issues such as how positive psychology can help improve schooling and the workplace, as well as promote cooperative lifestyles among people.



Lomas, Hefferon, Ivtzan - Applied Positive Psychology

Using discoveries from the largest study of hopeful people ever conducted, Shane J. Lopez, PhD, "the world's preeminent expert on hope" reveals that hope is not just an emotion but an essential life tool.

Hope is a leading indicator of success in relationships, academics, career, and business, and with Making Hope Happen, you can measure your level of hope and learn how to increase, use, and share it. In addition, Lopez shares the uplifting stories of real people who have created hope in their own lives and communities, from a CEO who befriended a curious nine-year-old to a college student who is thriving after two heart transplants.





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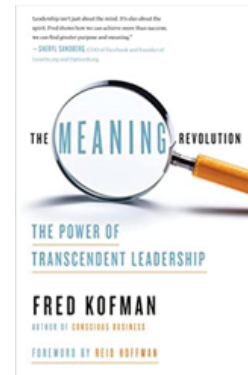
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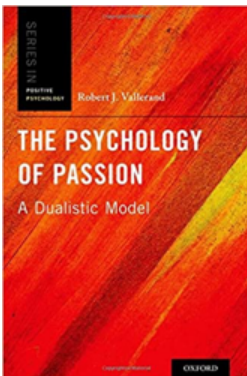
Angela Duckworth - Grit

In this must-read for anyone seeking to succeed, pioneering psychologist Angela Duckworth takes us on an eye-opening journey to discover the true qualities that lead to outstanding achievement. Wittingly personal, insightful and powerful, Grit is a book about what goes through your head when you fall down, and how that - not talent or luck - makes all the difference.



Fred Kofman - The Meaning Revolution

Forget the standard practices of leadership taught in business school - all about compensation, command and control. This is a new model for how to inspire - through purpose, principle and people. The Meaning Revolution is Fred Kofman's call to arms for anyone who has ever felt unengaged at work and offers actionable advice for how we can all find more meaning and dignity whatever we do.



Vallerand - The Psychology of Passion

The concept of passion is one we regularly use to describe our interests, and yet there is no broad theory that can explain the development and consequences of passion for activities across people's lives. In The Psychology of Passion, Robert J. Vallerand presents the first such theory, providing a complete presentation of the Dualistic Model of Passion and the empirical evidence that supports it.



Peter Diamandis and Steven Kotler - The Future Is Faster Than You Think

In their book Abundance, bestselling authors and futurists Peter Diamandis and Steven Kotler tackled grand global challenges, such as poverty, hunger, and energy. Then, in Bold, they chronicled the use of exponential technologies that allowed the emergence of powerful new entrepreneurs. Now the bestselling authors are back with The Future Is Faster Than You Think, a blueprint for how our world will change in response to the next ten years of rapid technological disruption.

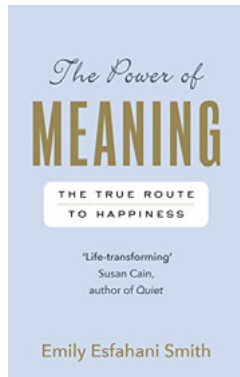




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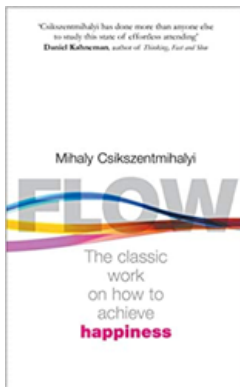
Emily Esfahani Smith - The Power of Meaning

There is a persistent myth in our culture that in order to lead a fulfilling life we must pursue happiness at all times. In her groundbreaking work, Emily Esfahani Smith explains that it is actually the search for meaning that will bring fulfilment. She argues that meaning is all around us in vast untapped resources, and that the key is finding it in the right here, right now. Her inspiring TED Talk on the same topic has been viewed over a million times.



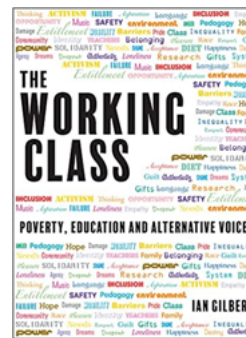
Floyd Woodrow & Simon Acland - Elite

Guaranteed to boost productivity, team cohesion, individual motivation and overall leadership, Elite! contains Floyd's deeply practical, innovative and highly sought-after teachings. His inspiring approach is united with a detailed understanding of the theories and psychology that underpin cutting-edge motivational training. By harnessing this potent combination, whether you are seeking self-improvement or looking to get the best out of a team of hundreds, Floyd Woodrow's inspirational new book contains the only approach that will place you amongst the Elite!



Mihaly Csikszentmihalyi - Flow

What really makes people glad to be alive? What are the inner experiences that make life worthwhile? For more than two decades Mihaly Csikszentmihalyi studied those states in which people report feelings of concentration and deep enjoyment. His studies revealed that what makes experience genuinely satisfying is 'flow' - a state of concentration so focused that it amounts to complete absorption in an activity and results in the achievement of an ideal state of happiness. Flow has become the classic work on happiness and a major contribution to contemporary psychology.



Ian Gilbert - The Working Class

In 'The Working Class: Poverty, education and alternative voices', Ian Gilbert unites educators from across the UK and further afield to call on all those working in schools to adopt a more enlightened and empathetic approach to supporting children in challenging circumstances.

One of the most intractable problems in modern education is how to close the widening gap in attainment between the haves and the have-nots. Unfortunately, successive governments both in the UK and abroad have gone about solving it the wrong way.





Strategist Research

Click covers for links



Strategic Planning

Unravelling the determinants of strategic planning effectiveness in public organizations: a strategic decision-making perspective at the individual and organizational level, by George Bert

URL: https://www.researchgate.net/publication/309558951_Unravelling_the_Determinants_of_Strategic_Planning_Effectiveness_in_Public_Organizations_A_Strategic_Decision-Making_Perspective_at_the_Individual_and_Organizational_Level

Exploring the cognitive significance of organizational strategizing: A dual-process framework and research agenda

This makes the case for a dual-approach to strategising - individual and organisational in order to make meaningful and rewarding change.

URL: <https://journals.sagepub.com/doi/10.1177/0018726707075297>

Strategizing Towards Better Leaders

Organizations can improve business results and increase organizational resilience by developing more strategic leaders, but they have to address leadership and strategy in an integrated way. This study explores the topic.

URL: <https://www.chieflearningofficer.com/2015/07/15/strategizing-toward-better-leaders/>

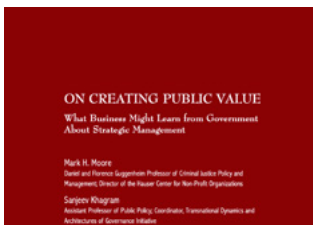
On Creating Public Value

What Business Might Learn from Government About Strategic Management

URL: https://www.corporation2020.org/corporation2020/documents/Papers/SF_Prep/Khagram.pdf



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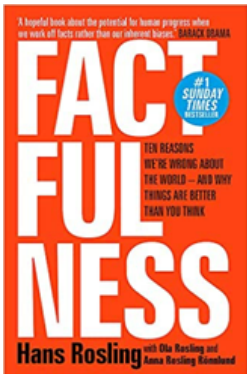




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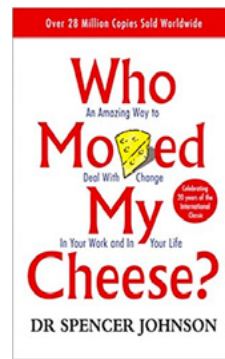
Hans Rosling - Factfulness

The international bestseller, inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world, and make you realise things are better than you thought.



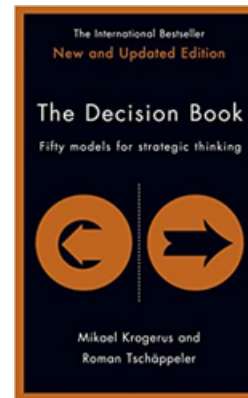
Johan Norberg - Progress

Our world seems to be collapsing. The daily news cycle reports the deterioration: divisive politics across the Western world, racism, poverty, war, inequality, hunger. While politicians, journalists and activists from all sides talk about the damage done, Johan Norberg offers an illuminating and heartening analysis of just how far we have come in tackling the greatest problems facing humanity. In the face of fear-mongering, darkness and division, the facts are unequivocal: the golden age is now.



Dr Spencer Johnson - Who Moved My Cheese?

It is the amusing and enlightening story of four characters who live in a maze and look for cheese to nourish them and make them happy. Cheese is a metaphor for what you want to have in life, for example a good job, a loving relationship, money or possessions, health or spiritual peace of mind. The maze is where you look for what you want, perhaps the organisation you work in, or the family or community you live in. The problem is that the cheese keeps moving.



Mikael Krogerus - The Decision Book

Most of us face the same questions every day: What do I want? And how can I get it? How can I live more happily and work more efficiently?

This international bestseller distils into a single volume the fifty best decision-making models used on MBA courses, and elsewhere, that will help you tackle these important questions - from the well known (the Eisenhower matrix for time management) to the less familiar but equally useful (the Swiss Cheese model). It will even show you how to remember everything you will have learned by the end of it.





Strategist

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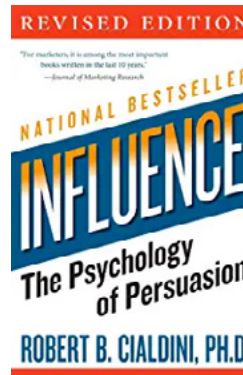
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Mikael Krogerus - The Change Book

How do you make your way in a world that is changing at an unprecedented rate? Why do we have less and less time? Why are some people unfaithful? How can our government act against threats before they happen?

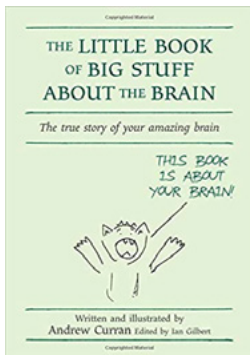
This book is about change - from the small and seemingly insignificant transitions in our day-to-day lives, to the big and almost incomprehensible shifts in human history.



Robert B Cialdini - The Psychology of Persuasion

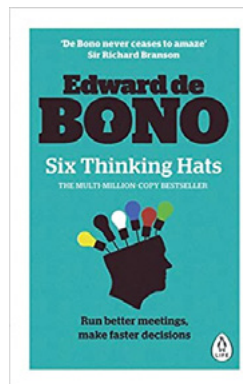
Dr. Robert B. Cialdini—the seminal expert in the field of influence and persuasion—explains the psychology of why people say yes and how to apply these principles ethically in business and everyday situations.

You'll learn the six universal principles of influence and how to use them to become a skilled persuader—and, just as importantly, how to defend yourself against dishonest influence attempts.



Andrew Curran - The Little Book of Big Stuff about the Brain

The Little Book of Big Stuff About the Brain is the users, manual that your brain didn't come with. What it is, how it works, what it looks like, where it came from it's all here in this light-hearted and easy-to-read little book that will guarantee that you will never think about your own thinking in quite the same way ever again.



Edward de Bono - Six Thinking Hats

Do you regularly find yourself in long, unstructured meetings which end without a decision? Are you a team leader looking for tips on increasing productivity? Or are you looking for ways to enhance collaboration?

Six Thinking Hats, Edward de Bono's classic book on meetings, is a proven way to:

- Reduce meeting length to one quarter of what they were previously
- Make decisions in just 15 minutes, rather than 3 hours
- Increase productivity by nearly 500%

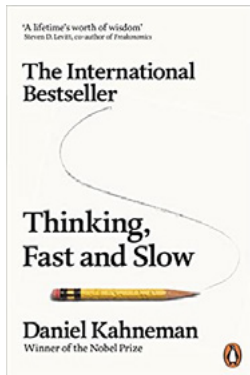




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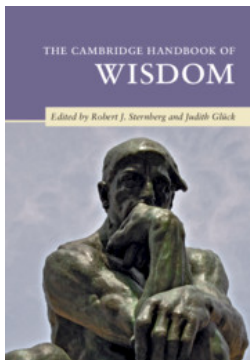
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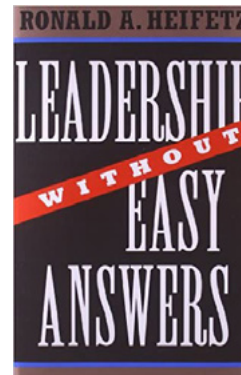
Daniel Kahneman - Thinking, Fast and Slow

Why is there more chance we'll believe something if it's in a bold type face? Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking. This book reveals how our minds are tripped up by error and prejudice (even when we think we are being logical), and gives you practical techniques for slower, smarter thinking. It will enable to you make better decisions at work, at home, and in everything you do.



The Cambridge Handbook of Wisdom

This is a comprehensive review of the psychological literature on wisdom by leading experts in the field. It covers the philosophical and sociocultural foundations of wisdom, and showcases the measurement and teaching of wisdom. The connection of wisdom to intelligence and personality is explained alongside its relationship with morality and ethics. It also explores the neurobiology of wisdom, its significance in medical decision-making, and wise leadership.



Ronald A. Heifetz - Leadership Without Easy Answers

Drawing on a dozen years of research among managers, officers and politicians in the public realm and the private sector, among the non-profits, and in teaching, Heifetz presents clear, concrete prescriptions for anyone who needs to take the lead in almost any situation, under almost any organizational conditions, no matter who's in charge. His strategy of leadership applies not only to people at the top but also to those who must lead without authority - activists as well as presidents, managers as well as workers on the frontline.





Ethos Research

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Does teaching values improve the quality of education in primary schools?



A thesis by Neil Hawkes

URL: https://ora.ox.ac.uk/objects/uuid:bdb77d49-ab71-4d2b-87eb-ffa040ade219/download_file?file_format=application/pdf&safe_filename=602332298.pdf&type_of_work=Thesis



Giving Voice to the Impacts of Values Education

Final Report For AUSTRALIAN GOVERNMENT Department of Education, Employment and Workplace Relations Project to Test and Measure the Impact of Values Education on Student Effects and School Ambience.

URL: https://www.valuesbasededucation.com/images/PDF_material/VASP_FINAL_REPORT_2010.pdf

Subtracting the Positive (Koo, Wilson, et al, 2008)



This was a strong study about how positive emotions were stronger when positive events that took place were considered as removed from someone's memory. In other words, when a positive event took place, people felt more connected to it if they imagined that it never happened....and the 'happiness' associated with the event was also stronger as a result.

URL: <https://psycnet.apa.org/record/2008-14857-014>

Values Based Education



Values-based Education (VbE) is an umbrella term for a research-based transformational educational philosophy. Its practices, initially developed by Dr Neil Hawkes, are now a global movement which actively advocates the Compass for Life model.

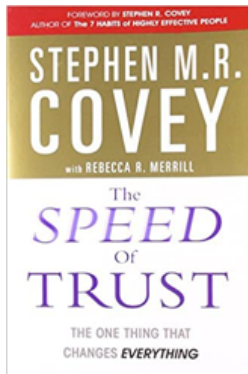
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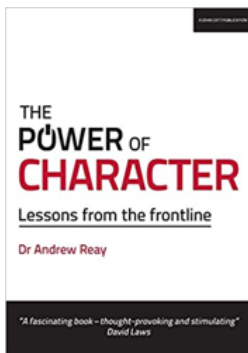
Stephen Covey - The Speed of Trust

From Stephen R. Covey's eldest son come a revolutionary book, now in handy B-format, that will guide business leaders, public figures and their organizations towards unprecedented productivity and satisfaction. Trust, says Stephen M. R. Covey, is the very basis of the 21st century's global economy, but its power is generally overlooked and misunderstood. Covey shows you how to inspire immediate trust in everyone you encounter - colleagues, constituents, the marketplace - allowing you to forego the time-killing and energy-draining check and balance bureaucracies that are so often relied upon in lieu of actual trust.



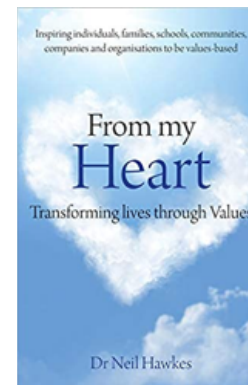
Nicky Morgan - Taught Not Caught

As Education Secretary from 2014-16, Nicky Morgan had a job she describes as 'one of the best in the UK Cabinet'. In her time in office, she announced a GBP3.5m programme to be spent promoting classes and extra-curricular activities that build 'grit' and 'resilience' in a generation of schoolchildren. Here, she reveals why she believes that building characterful children has a positive impact on academic attainment.



Dr Andrew Reay - The Power of Character

In this personal, thought-provoking and timely book, Dr Andrew Reay offers a clarion call to parents, educators and business leaders who are seeking to unlock the true potential of our next generation - their character - and ensure they really do flourish as human beings.



Dr Neil Hawkes - From My Heart

Inspiring individuals, families, schools, communities, companies and organisations to be values-based.

Dr Neil Hawkes constantly strives for better education for all and advocates a unique way of thinking about how we can live our lives which enables us to flourish personally, socially and academically. He describes how we can develop a secure sense of self by nurturing our natural positive dispositions. Neil demonstrates ways in which teachers, parents, pupils and indeed all of us can create happier and more productive lives by raising our self-awareness and self-confidence.

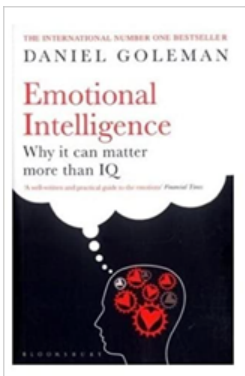




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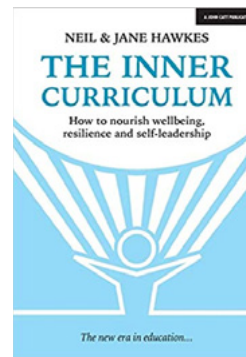
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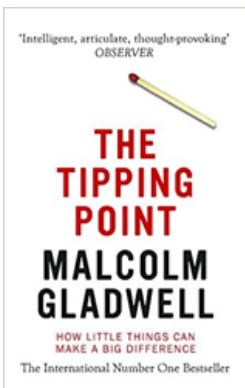
Daniel Goleman - Emotional Intelligence

The groundbreaking bestseller that redefines intelligence and success Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.



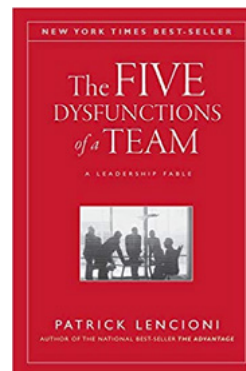
Neil and Jane Hawkes - The Inner Curriculum

Without high levels of wellbeing and resilience, pupils are unable to function well, build strong, positive relationships or get the most out of their education. Values-based Education (VbE) has recognised this for many years; Neil and Jane's renowned work has been to support schools in creating authentic values-based cultures, which promote wellbeing and resilience for all.



Malcolm Gladwell - The Tipping Point

Malcolm Gladwell explains and analyses the 'tipping point', that magic moment when ideas, trends and social behaviour cross a threshold, tip and spread like wildfire. Taking a look behind the surface of many familiar occurrences in our everyday world, Gladwell explains the fascinating social dynamics that cause rapid change.



Patrick Lencioni - The Five Dysfunctions of a Team

In The Five Dysfunctions of a Team Patrick Lencioni once again offers a leadership fable that is as enthralling and instructive as his first two best-selling books, The Five Temptations of a CEO and The Four Obsessions of an Extraordinary Executive. This time, he turns his keen intellect and storytelling power to the fascinating, complex world of teams.

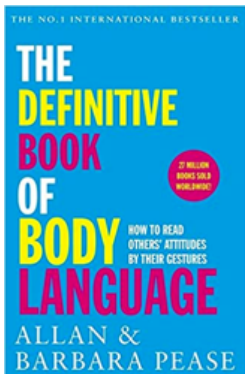




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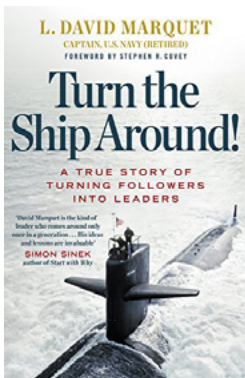


Allan & Barbara Pease - The Definitive Book of Body Language

Explains everything you need to know about body language, how to read it, and how to put your best self forwards.

What people say is often very different to what they think or feel.

Learn to read others people's thoughts by their gestures. It sounds implausible, but body language is easy to pick up and fun to use. and balance bureaucracies that are so often relied upon in lieu of actual trust.



L. David Marquet - Turn The Ship Around!

Captain David Marquet was used to giving orders on the USS Santa Fe, and it was crucial his men did their job well. But the ship was dogged by poor morale & performance and the worst retention in the fleet. One day, Marquet gave an impossible order, and his crew tried to follow it anyway. He realized he was leading in a culture of followers, and they were all in danger.

Marquet took matters into his own hands and pushed for leadership at every level. His crew became fully engaged and the Santa Fe skyrocketed from worst to first in the fleet.



James Kerr - Legacy

They sweep the sheds.

They follow the spearhead.

They keep a blue head.

They are good ancestors.

In Legacy, best-selling author James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership and business.



Myres Briggs Type Indicator

A free Myres Briggs type indicator personality test which will provide insights about your personality for deeper understanding.





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Positive to Negative Interaction Ratio (Fredrickson and Losanda, 2005)

This highlights the need for people to deliberately seek positive interactions 6 times more than negative ones in order to thrive in life. It also suggests that a ratio of 3:1 would suffice to make a positive change to your life.

URL: <https://psycnet.apa.org/buy/2005-11834-001>

Post Traumatic Growth Graph and understanding of theory (O'Leary and Ickovics, 1994).

This graph outlines the possible pathways identified in a study once a 'traumatic' event occurs in someone's life. Insinuating that, in the right conditions, most will thrive and be stronger eventually.

Organismic Value Theory (Joseph and Linley, 2005)

This explains the process in the brain of what happens when trauma occurs (small or large) and how the brain begins to process and adapt to the 'new normal'. It outlines that early intervention is key to ensure that growth happens. ... in other words, if you build up enough tools before the inevitable, then you are more likely to thrive afterwards.

URL: <https://journals.sagepub.com/doi/10.1037/1089-2680.9.3.262>

Reticular Activation System (self talk and subconscious thinking) (Dutton, Roberts, and Bednar, 2010)

This study highlights the way in which a person's brain begins to develop a subconscious picture and narrative of the world after many negative experiences....leading to negative self talk.

Self Determination Theory (Autonomy, Relatedness, Competence) (Kesser, Miemiec et al, 2008)

This theory describes how individuals that have high levels of the three conditions in work and in life that are listed above will naturally be able to self determine the outcome of stressful or traumatic events as a result.

The use of positive psychology interventions (Sin ad Lyuboninsky, 2009), (Lyuboninsky, and Leyous, 2013)

This is two studies about the high impact that is associated with the various positive psychology interventions used in positive psychology coaching)





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Positive Emotions build resilience (Fredrickson et al, 2003)

URL: https://www.researchgate.net/publication/26256424_Happiness_Unpacked_Positive_Emotions_Increase_Life_Satisfaction_by_Building_Resilience

The Building Effect (Garland et al, 2010, Kok and Fredrickson, 2010)

This is all about how experiencing and building upon positive experiences and emotions can help drive people to thrive in life as well as become more resilient.

PENN State Resiliency Program Study (Seligman 2011, Brunwasser 2009)

A comprehensive study of two separate groups (one military personnel, the other children) found that in both cases, becoming metacognitive about various aspects that effect levels of resilience lead to subjects being relatively more resilient as a result.

URL: https://www.researchgate.net/publication/232599264_Preventing_depression_in_early_adolescence_The_Penn_Resiliency_Program

Thrive Sign Posting (Post Traumatic Growth) (Jospeh, 2012)

This was a study that showed the power of visualising impending stressors and traumatic events as to prepare the brain and body for the inevitable....making the end result not as bad as previously perceived.

Why we need to draw a MAP:

URL: <http://www.goalband.co.uk/the-research.html>

Goals Research Study - Harvard Business School

URL: <https://www.dominican.edu/sites/default/files/2020-02/gailmatthews-harvard-goals-researchsummary.pdf>





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The periodisation of training and the importance (Adaptation and Recovery)

The Influence of Post-Exercise Cold-Water Immersion on Adaptive Responses to Exercise (Broatch, J. R., Petersen, A., & Bishop, D. J., 2018)

URL: <https://doi.org/10.1007/s40279-018-0910-8>

Vascular adaptation in athletes: is there an 'athlete's artery'? (Green, D. J., Spence, A., Rowley, N., Thijssen, D. H., & Naylor, L. H., 2012).

URL: <https://doi.org/10.1113/expphysiol.2011.058826>

Training Integration and Periodisation. In Strength and Conditioning Programme Design. (Haff and Haff, 2012)

Essentials of Strength Training and Conditioning (Haff & Triplett, 2016)

Cardiovascular Adaptations to Exercise Training. Comprehensive Physiology (Hellsten, Y., & Nyberg, M., 2015)

URL: <https://doi.org/10.1002/cphy.c140080>

Physiology of Sport and Exercise Campaign (Kenney WL, Wilmore JH & Costill DL, 2019)

Training and overtraining: an overview and experimental results in endurance sports. (Lehmann, Lormes, et al., 1997)

Special feature for the Olympics: effects of exercise on the immune system: overtraining effects on immunity and performance in athletes. (MacKinnon, 2000)

URL: <https://doi.org/10.1111/j.1440-1711.2000.t01-7-.x>





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Rate of force development: physiological and methodological considerations (Maffiuletti, Aagaard et al., 2016)

URL: <https://doi.org/10.1007/s00421-016-3346-6>

An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports (Mujika, Halson, et al., 2018)

URL: <https://doi.org/10.1123/ijsspp.2018-0093>

Time of Exercise Specifies the Impact on Muscle Metabolic Pathways and Systemic Energy Homeostasis. Cell Metabolism (Sato, Basse et al., 2019)

URL: <https://doi.org/10.1016/j.cmet.2019.03.013>

Science and Development of Muscle Hypertrophy Campaign (Schoenfeld, 2016)

Eight weeks of resistance training increases strength, muscle cross-sectional area and motor unit size, but does not alter firing rates in the vastus lateralis (Sterczala, Miller, et al. 2020)

URL: <https://doi.org/10.1007/s00421-019-04273-9>

Muscle fiber type diversification during exercise and regeneration (Qaisar, Bhaskaran, Van Remmen, 2016)

URL: <https://doi.org/10.1016/j.freeradbiomed.2016.03.025>





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Tracking & monitoring training

Monitoring Athletes Training Loads (Foster et al., 2017)

The athlete monitoring cycle: A practical guide to interpreting and applying training monitoring data (Gabbett et al., 2017)

Does Elite Sport Degrade Sleep Quality? A Systematic Review (Gupta, Morgan, Gilchrist, 2017)

URL: <https://doi.org/10.1007/s40279-016-0650-6>

Monitoring training load to understand fatigue in athletes (Halsen, 2014)

URL: <https://doi:10.1007/s40279-014-0253-z#>

Preventing overtraining in athletes in high-intensity sports and stress/recovery monitoring (Kellmann 2010)

URL: <https://doi.org/10.1111/j.1600-0838.2010.01192.x>

Modification and Applicability of Questionnaires to Assess the Recovery-Stress State Among Adolescent and Child Athletes (Kölling et al., 2019)

URL: <https://doi.org/10.3389/fphys.2019.01414>

Development of two short measures for recovery and stress in sport (Nässi, Ferrauti, Meyer, Pfeiffer, Kellmann, 2017)

URL <https://doi.org/10.1080/17461391.2017.1318180>

[Recovery strategies in elite sport : focus on both quantity and quality of sleep] (Nédélec, 2020)





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One night of partial sleep deprivation impairs recovery from a single exercise training session (Rae, Chin et al., 2017)

URL: <https://doi.org/10.1007/s00421-017-3565-5>

Approach to the Underperforming Athlete (Solomon, Weiss Kelly, 2016)

URL: <https://doi.org/10.3928/00904481-20160210-02>

Nutrition focus

Position Statement on Nutrition for Athletic Performance. Medicine & Science in Sports and Exercise (Academy of Nutrition and Dietetics, Dietitians of Canada & the American College of Sports Medicine, 2016)

Toward a Common Understanding of Diet-Exercise Strategies to Manipulate Fuel Availability for Training and Competition Preparation in Endurance Sport (Burke, Hawley et al., 2018)

URL: <https://doi.org/10.1123/ijsnem.2018-0289>

Metabolic adaptations to endurance training and nutrition strategies influencing performance (Earnest, Rothschild, Harnish, Naderi, 2019)

URL: <https://doi.org/10.1080/15438627.2018.1544134>

Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptations-A Narrative Review (Forbes, Candow et al, 2020)

URL: <https://doi.org/10.3390/nu12020390>





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Sleep in elite athletes and nutritional interventions to enhance sleep (Halson, 2014)

URL: <https://doi:10.1007/s40279-014-0147-0>

Periodized Nutrition for Athletes (Jeukendrup, 2017)

International society of sports nutrition position stand: nutrient timing (Kerksick, Arent et al., 2017)

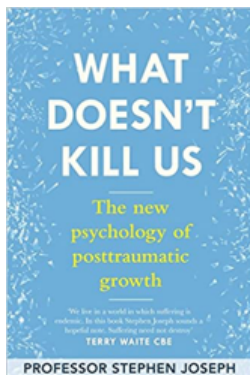
URL: [https://doi: 10.1186/s12970-017-0189-](https://doi:10.1186/s12970-017-0189-)





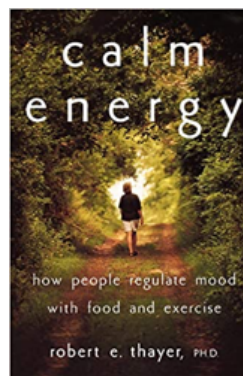
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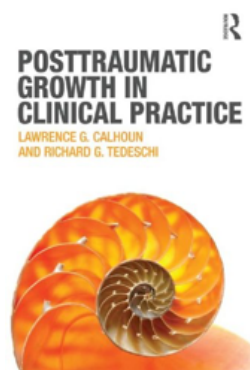
Professor Stephen Joseph - What Doesn't Kill Us

What happens when we're confronted with the worst? Conventional wisdom holds that trauma scars us for life, wreaking psychological havoc that affects everything from our sleep cycles to our relationships to our very will to live. Professor Stephen Joseph has worked with survivors of trauma and sufferers of posttraumatic stress for over twenty years. In this groundbreaking new book, he boldly challenges current notions about trauma and its aftermath to reveal how all of us can navigate change and adversity - traumatic or otherwise - to find new meaning, purpose and direction in life.



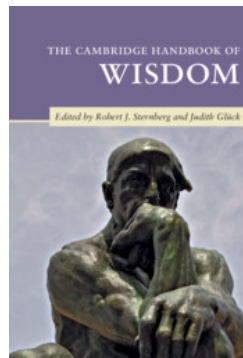
Robert R Thayer - Calm Energy

You are what you eat, but why are you eating so much? Your moods! Why can't you stay with a reasonable exercise program, and why is obesity at epidemic proportions in our society today? Negative moods hold the explanations. This provocative new approach to understanding and fighting overeating offers practical advice and biological explanations for your cravings and moods, and it shows how both are indicators of energy and stress levels. Thayer describes how most people's daily energy cycles function, and he explains how you can apply this in scientifically proven ways to fight the urge to eat when you are down and to achieve the optimum goal of "calm energy."



Lawrence Calhoun and Richard Tedeschi

From the authors who pioneered the concept of posttraumatic growth comes Posttraumatic Growth in Clinical Practice, a book that brings the study of growth after trauma into the twenty-first century. Clinicians will find a framework that's easy to use and flexible enough to be tailored to the needs of particular clients and specific therapeutic approaches. And, because it utilizes a model of relating described as "expert companionship," clinicians learn how to become most empathically effective in helping a variety of trauma survivors.



The Cambridge Handbook of Wisdom

This is a comprehensive review of the psychological literature on wisdom by leading experts in the field. It covers the philosophical and sociocultural foundations of wisdom, and showcases the measurement and teaching of wisdom. The connection of wisdom to intelligence and personality is explained alongside its relationship with morality and ethics. It also explores the neurobiology of wisdom, its significance in medical decision-making, and wise leadership.





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From Functioning to Flourishing

Tested, practical strategies for health, happiness, and success at work

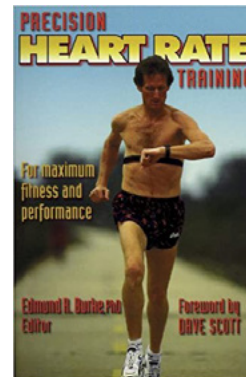


Michelle McQuaid is a workplace wellbeing teacher translating research from positive psychology and neuroscience into practical strategies for health, happiness, and business success.

Michelle McQuaid - From Functioning to Flourishing - Psychology Today

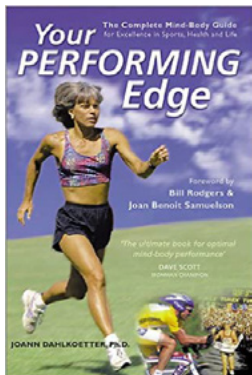
Michelle McQuaid is a workplace wellbeing teacher translating research from positive psychology and neuroscience into practical strategies for health, happiness, and business success.

Tested, practical and play strategies for health, happiness, and success at work.



Robert R Thayer - Calm Energy

Fine-tune your workout intensity! Precision Heart Rate Training fully explains why and how to train with a heart rate monitor. Editor Ed Burke introduces the basic concepts of heart rate training. Then an all-star panel of experts explains how to design and use training programs for seven different sports and activities. Each chapter contains training guidelines specific to the activity described, including how to find the optimal training intensity, design an effective training program, and adjust workout intensity, plus sample workouts or programs, or both. And Jim Dotter, founder of Biometrics, Inc., contributes a special chapter on ways to use heart data for long-term training.



Joan Dahlkoetter - Your Performing Edge

The complete mind-body guide for excellence in Sports, Health and Life.

