**LIFE SKILLS DAY**

Resources to go with Emma Sue Prince’s talk.

Below are a number of resources where you can explore further some of the points I make during my talk. You will find interesting things to read, watch or dip into. Enjoy!

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| **WHAT** | **WHERE TO FIND** |
| Website that supports the 7 skills I mention in my talk and is linked to my book *The Advantage.* You can sample an Echapter, sign up for daily tips, find coaching resources and buy the book too. | <http://www.the-advantage.info> |
| If you're a teacher or trainer, this is for you. A free membership site that supports practitioners who deliver soft skills, employability and life skills. Lots of free materials to download, free support and guidance. | <http://www.unimenta.com> |
| A great TED talk on The Way of Improvisation by Dave Morris – just some great life skills tips here all centred on improvisation principles. | <http://www.youtube.com/watch?v=MUO-pWJ0riQ> |
| Reid Hoffman (founder of Linked In) and Ben Casnocha – both authors of The Startup of You talk about the need for all of us to be entrepreneurial in our approach to our work and careers. | <http://www.youtube.com/watch?v=e2X54ALRkZg> |
| The ‘As If’ principle – really quick and easy to watch clip on great new research that says that we can all learn optimism through basing this on how we ACT rather than how we FEEL. Watch this! | <http://www.youtube.com/watch?v=rBRUBrWR2ZE> |
| Amy Cuddy – Your Body language shapes who you are – really great video clip on how to take control of your body language and how much it influences your confidence and ability to rise above feeling shy or nervous. | <http://www.youtube.com/watch?v=Ks-_Mh1QhMc> |
| Book by Josh Kaufman “The first 20 hours – how to learn anything fast” – great book proving that you really can learn anything you want to to a reasonable standard – you just have to get through that first 20 hours where you are most likely to get distracted or want to give up. | <http://www.amazon.co.uk/First-20-Hours-Learn-Anything/dp/0670921912/ref=sr_1_1?s=books&ie=UTF8&qid=1399884195&sr=1-1&keywords=learn+anything+in+20+hours> |
| Book – Willpower – why self-control is the secret to success by Roy Baumeister. Really great book about how to strengthen your willpower. n a hedonistic age full of distractions, it's hard to possess willpower - or in fact even understand why we should need it. Yet it's actually the most important factor in achieving success and a happy life, shown to be more significant than money, looks, background or intelligence. | <http://www.amazon.co.uk/Willpower-Why-Self-Control-Secret-Success/dp/0141049480/ref=sr_1_1?s=books&ie=UTF8&qid=1399884274&sr=1-1&keywords=Willpower> |
| Book – Thrive – the Third Metric to redefining success and creating a happier life. Arianna Huffington has written a passionate and much needed prescription for reshaping life from the inside out. Turn off your cell phone, your email, Facebook, Twitter, Instagram and every other tool of the stressed-out, distracted world to spend some time thinking about grace, joy and wonder. | <http://www.amazon.co.uk/Thrive-Redefining-Success-Creating-Happier/dp/0753555409/ref=sr_1_1?s=books&ie=UTF8&qid=1399886625&sr=1-1&keywords=Arianna+Huffington> |
| Effective Education for Employment – research carried out by Pearson (referred to in my talk) that defines the sorts of skills employers are looking for in South Africa, MENA, Europe, India and China | <http://www.eee-edexcel.com/xstandard/docs/effective_education_for_employment_web_version.pdf> |
| Research article – how the lack of soft skills and communication skills impact the bottom line in business | <http://www.solari.net/documents/position-papers/Solari-Costs-of-Poor-Communication.pdf> |
| Research – Future Work Skills 2020 – key drivers that are shaping the world of work and the skills that are required | <http://www.unimenta.com/Sites/Unimenta/library/files/Future%20work%20skills%202020.pdf> |
| Research: cultural intelligence in the global economy and the skills we need | <http://www.unimenta.com/Sites/Unimenta/library/files/CG%20and%20the%20global%20economy-1.pdf> |
| Research – critical thinking – what it is and why it counts now more than ever before | <http://www.unimenta.com/Sites/Unimenta/library/files/Critical%20Thinking%20-%20what%20it%20is%20and%20why%20it%20counts.pdf> |
| Research – the neuroscience of empathy | <http://www.unimenta.com/Sites/Unimenta/library/files/Neuroscience%20of%20empathy.pdf> |