

Resources

Lean in By Sheryl Sandberg

Growth Vs. Fixed Mindset by Carol Dweck

[MBTI Type Development Lifelong Personal Growth \(myersbriggs.org\)](https://www.myersbriggs.org)

[Exercise and the Brain: The Neuroscience of Fitness Explored - Neuroscience News](#)

The Source by Dr. Tara Swartz

Change your Paradigm, Change your Life by Bob Proctor

Louder than Words by Joe Navarro

Silent Messages by Albert Mehradian

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Research Center for Talent Innovation

Mckinsey, US Bureau of Labor Statistics 2023