



BE Leadership Learning Club - Summer Book Club Edition

This summer, BE Leadership invites you to dive deep and explore leadership through the lens of two powerful books.

Read at your own pace. Reflect together.

The **BE Leadership Summer Book Club** is a self-paced opportunity for anyone working in sport to choose one of two thought-provoking reads—then join a one-time virtual group discussion in late August or early September.

You pick the book. You set the pace. You show up once—to share, reflect, and connect.

Register here: <https://forms.office.com/r/GbkZBc51cw>

Your Summer Reading Options:

1. [Shift: Managing Your Emotions—So They Don't Manage You by Ethan Kross](#)

Discover how to better understand and manage your inner emotional world. In *Shift*, psychologist Ethan Kross offers science-backed tools to help leaders harness emotion as a strength—not a liability.

2. [Together: The Healing Power of Human Connection in a Sometimes Lonely World by Dr. Vivek Murthy](#)

Explore the power of human connection. Former U.S. Surgeon General Dr. Vivek Murthy shows how relationships and community aren't just nice-to-haves—they're essential for well-being, performance, and leadership.

Program Details

- **Reading period:** July–August 2025
- **Discussion sessions:** Late August / Early September (multiple time slots will be available for each book)
- **Format:** One-time, 2-hour virtual group discussion
- **Cost:** Free (you are responsible for picking up a copy of the book)
- **Who it's for:** Anyone working in sport who's curious about leadership and looking for connection
- **No pressure**—just one great read and one meaningful discussion