

The Navigator Programme

Reference point

Here is my compilation of books, TED Talks and YouTube videos that I have found most useful, informative and inspiring on my leadership journey. I have collated them thematically alongside the relevant modules of the Navigator Programme.

For availability, we have suggested Amazon links for books, but can also recommend <https://uk.bookshop.org> as an alternative.

Rich's favourite leadership qualities:

Humility

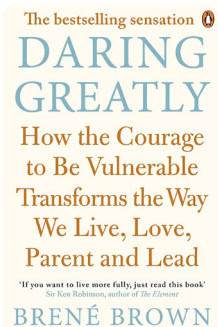


TED talk:

'What do so many incompetent men become leaders'

www.youtube.com/watch?v=zeAEFEXvcBg

Courage



Book:

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

by Brené Brown

TED talks:

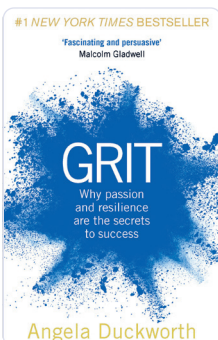
Vulnerability

www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en

Shame

www.ted.com/talks/brene_brown_listening_to_shame?language=en

Determination



Book:

Grit: Why passion and resilience are the secrets to success

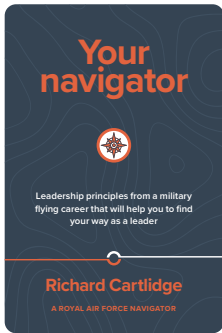
by Angela Duckworth

TED talk:

Grit

www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en

Module 1 - Mission



Book:

Your Navigator: Leadership principles from a military flying career that will help you to find your way as a leader
by Richard Cartledge

TED talks:

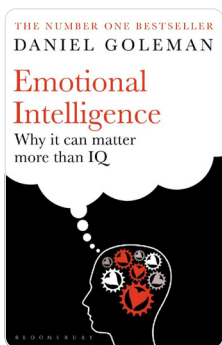
How great leaders inspire action

www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action

Why good leaders make you feel safe

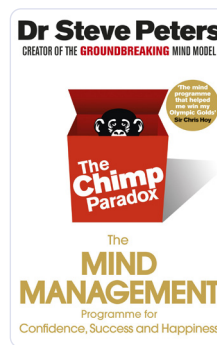
https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

Module 2 - Make Capacity



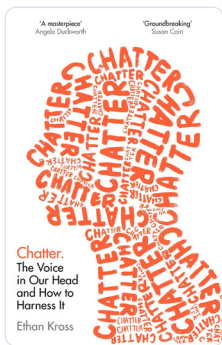
Books:

Emotional Intelligence: Why it can matter more than IQ
by Daniel Goleman

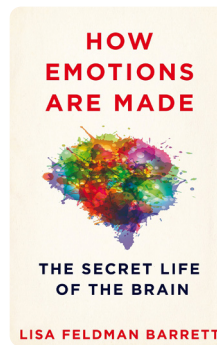


Books:

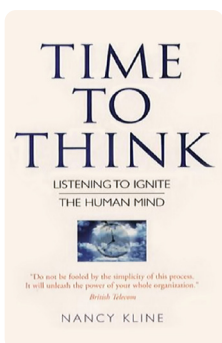
The Chimp Paradox: The Mind Management Programme to help you achieve success, confidence and happiness
by Dr Steve Peters



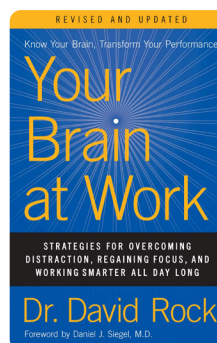
Chatter: The Voice in Our Head and How to Harness It
by Ethan Kross



How Emotions Are Made: The Secret Life of the Brain
by Lisa Feldman Barrett

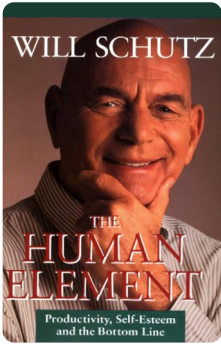


Time to Think: Listening to Ignite the Human Mind
by Nancy Kline



Your Brain at Work
by Dr David Rock

Module 2 - Make Capacity (continued)



Book:

**The Human Element:
Productivity,
Self-Esteem and
the Bottom Line**

by Will Schutz

YouTube:

Empathic Civilisations

www.youtube.com/watch?v=I7AWnfFRc7g

Steve Peters

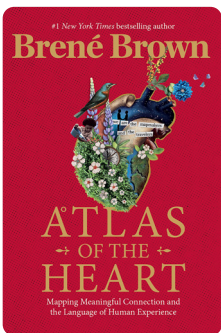
www.youtube.com/watch?v=R-KI1D5NPJs&list=PLhmy-_I8cdsrB0MwpKf8DxKIhrNoESxpb

Steve Peters

<http://www.youtube.com/watch?v=buN1Mju7rjM>

Eliminating self doubt

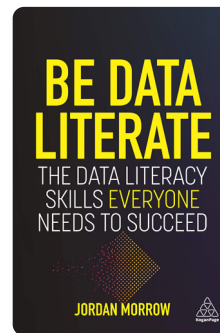
<https://www.youtube.com/watch?v=v1ojZKWfShQ>



Book:

**Atlas of the Heart:
Mapping Meaningful
Connection and the
Language of Human
Experience**

by Brené Brown

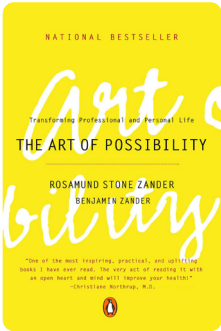


Book:

**Be Data Literate:
The Data Literacy
Skills Everyone
Needs To Succeed**

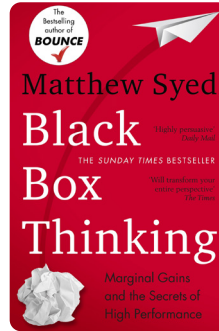
by Jordan Morrow

Module 3 - Think Differently



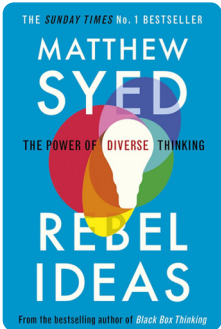
Books:

**The Art of Possibility:
Practices in Leadership,
Relationship
and Passion**
by Benjamin Zander

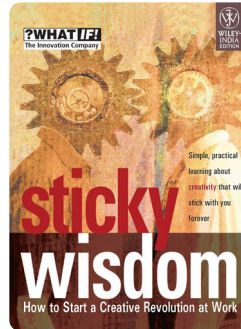


Books:

**Black Box Thinking:
Marginal Gains
and the Secrets of
High Performance**
by Matthew Syed



**Rebel Ideas:
The Power of
Diverse Thinking**
by Matthew Syed



Sticky Wisdom
by Dave Allan, Matt
Kingdon, Kris Murrin,
Daz Rudkin



TED talks:

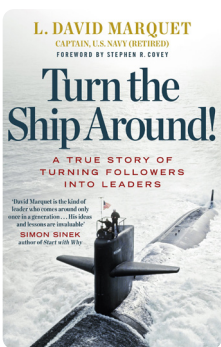
Reinventing creative thinking

www.ted.com/talks/luc_de_brabandere_reinventing_creative_thinking

Do schools kill creativity?

[https://www.ted.com/talks/sir_ken_robinson_do_schools_kill_creativity?
utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/sir_ken_robinson_do_schools_kill_creativity?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Module 4 - Empower Others



Book:

**Turn The Ship Around!:
A true story of building
leaders by breaking
the rules** by L. David
Marquet (Author),
Stephen R Covey
(Foreword)

YouTube:

Greatness

www.youtube.com/watch?v=psAXMqwxwI8

Drama triangle

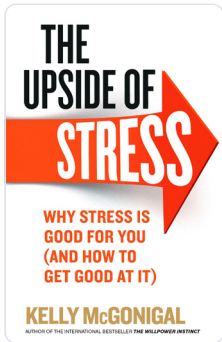
www.youtube.com/watch?v=ovrVv_RICMw

Blame

www.youtube.com/watch?v=RZWf2_2L2v8

Miscellaneous other favourites

Adversity Forges Leadership



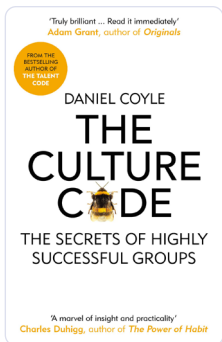
Book:

**The Upside of Stress:
Why stress is good
for you (and how
to get good at it)**
by Kelly McGonigal

TED talk:

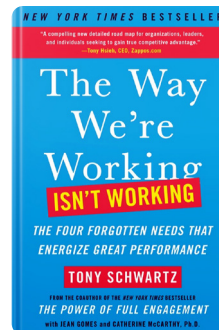
How to make stress your friend
www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Culture



Book:

**The Culture Code:
The Secrets of Highly
Successful Groups**
by Daniel Coyle



Book:

**The Way We're Working
Isn't Working** by Tony
Schwartz

Strategy



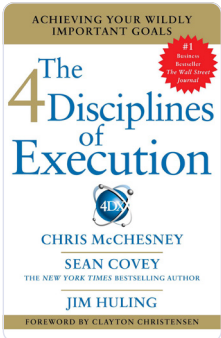
Book:

Blue Ocean Strategy

by W Chan Kim and Renee Mauborgne

Website:

www.blueoceanstrategy.com

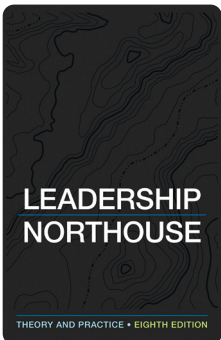


Book:

4 Disciplines of Execution: Getting Strategy Done

by Sean Covey

Leadership



Book:

Leadership: Theory and Practice

by Peter G. Northouse

The
Navigator
Programme
2023

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