

Resource Guide

Navigating Conflict with Empathy, Honesty & Creativity

Ablon, J. Stuart. (2018). *Change-able: How Collaborative Problem Solving Changes Lives at Home at School and at Work*. Random House: New York.

Ablon, J. Stuart. (2018, November 29). *Dealing With a Difficult Colleague? Use Brain Science!* Psychology Today.

<https://www.psychologytoday.com/us/blog/changeable/201811/dealing-difficult-colleague-use-brain-science>

Bergland, Christopher. (2017, May 16). *Diaphragmatic Breathing Exercises and Your Vagus Nerve*. Psychology Today.

<https://www.psychologytoday.com/us/blog/the-athletes-way/201705/diaphragmatic-breathing-exercises-and-your-vagus-nerve>

Brown, Brene. (2018). *Dare to Lead: Brave Work. Tough Conversations. Whole Hearts*. <https://daretolead.brenebrown.com/>

Brown, Brene. (2019). Netflix Documentary. *Brene Brown: The Call to Courage*.

The Center for Nonviolent Communication. *Feelings and Needs Inventory*.

<https://cnvc.org/training/resource/needs-inventory>

Cross-Caldwell, Breana. (2019, August). *Self-Care: Thriving Together*. RID VIEWS.

<https://rid.org/self-care-thriving-together/?fbclid=IwAR1j5O7e9rceqsnuUXiA1Tt6XvCPz19YoukpuNZoeRim1ZiLBfHzavEciHk>

Cross-Caldwell, Breana. (2017, June). *Self-Care & Sign Language Interpreters: 8 Ways to Ease Trauma*. Street Leverage.

<https://streetleverage.com/2017/06/self-care-sign-language-interpreters-8-ways-to-ease-trauma/>

Emmart, Jackie. (2016, November 16). *Change Ahead: A New Approach to Feedback for Sign Language Interpreters*. Street Leverage.

https://streetleverage.com/live_presentations/change-ahead-new-approach-feedback-sign-language-interpreters/

Fogg, BJ. *Free 5-Day Program to Build Habits*. Tiny Habits.
<https://www.tinyhabits.com/join>

Greene, Ross. <https://livesinthebalance.org/about-cps>

ImpactNW. (2020). *How Trauma Clouds the Brain*.
<https://impactnw.org/news/how-trauma-clouds-brain-infographic/>

Kendrick, Gregg. NVC - Needs-Based Communication.
<https://www.basileia.org/nvc-resources.html>

Murgia, Madhumita. (2015, November 9). *How Stress Affects Your Brain*. Ted-Ed.
<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Power. (2019, Nov 27). Good Therapy.
<https://www.goodtherapy.org/learn-about-therapy/issues/power>

Social Power. Psychology Research and Reference.
<https://psychology.iresearchnet.com/social-psychology/social-influence/social-power/>

Sweeton, Jennifer. (2018, July 8). *The Three Parts of Your Brain Affected by Trauma*. PsychCentral.
<https://psychcentral.com/blog/the-3-parts-of-your-brain-affected-by-trauma/>

Senninger, T. (2000). *Abenteuer leiten – in Abenteuern lernen*. Münster: Ökotopia.

Viscott, David. (2003). The Learning Zone Model.
<http://www.thempra.org.uk/social-pedagogy/key-concepts-in-social-pedagogy/the-learning-zone-model/>

Wang et al. (2018). TSI: Thinking Skills Inventory.
<https://www.stuartablon.com/the-skills-to-change>

Burnout Proof Academy Resources

[Weekly newsletter](#) - Get self-care resources, tips, and upcoming workshop info

[Navigating Conflict Slides](#)