EN:Lighten programme Reading List

There is no set reading for the programme, all learning content will be covered during the modules and via the online portal. However for those wishing to dive deeper in to the content or for supplementary reading, a list of recommended texts is below:-

Core texts for CLE

- Karolin Helbig & Minette Norman: 'The Psychological Safety Playbook'

- Michael Bungay Stanier: 'The Advice Trap' and 'The Coaching Habit'

- Dr Steve Peters: 'The Chimp Paradox'

- David Eagleman: 'The Brain'

Core texts for CLP

- Jenny Rogers: 'Manager as Coach – The New Way to get Results'

- David Marquet: 'Turn the Ship Around'

- Partick Lencioni: 'The Five Dysfunctions of a Team'

- Brené Brown: 'Dare to Lead'