

## Favorite Faculty & Fellows Resources

*The below selections comprise a curated collection of podcasts, stories, videos and other resources recommended by the True North Leadership Faculty and Fellows. Please check back often as this list is updated regularly with new discoveries.*

### From the Teaching Fellows

John Walters

- [Headspace \(Mindfulness App\)](#)

Tesha McCord

- [A Bit of Optimism with Simon Sinek \(Podcast\)](#)

Julia Leiterman

- [Yoga with Adriene \(YouTube Video Series\)](#)

Belinda Chiu

- [James Baldwin's Shadow: Throughline NPR \(Podcast\)](#)

Dr. Brittany Lewis

- [Vibrate Higher Daily by Lalah Delia \(Book and Instagram Account\)](#)

### From the Faculty

Bill George

- [The Heart of Business by Hubert Joly \(Book\)](#)

Scott Kriens

- [Insight Timer: Making Your Life Sacred with Sarah Blondin \(Mindfulness App\)](#)

Michelle Maldonado

- [Caste: The Origins of Our Discontents by Isabel Wilkerson \(Book\)](#)
- [It's More Than Racism: Isabel Wilkerson Explains America's 'Caste' System on NPR \(Radio Interview\)](#)

Dana Born

- [I Am \(Daily Affirmations App\)](#)

Gayle Ober

- [Holstee \(Inspirational Website\)](#)