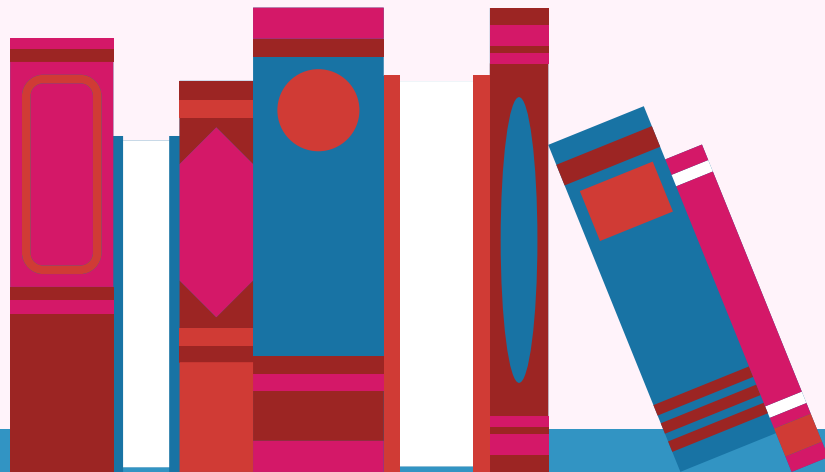




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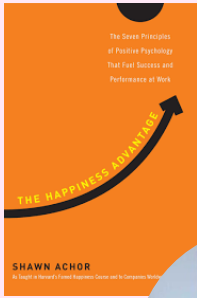
WELCOME TO OUR BOOK CLUB!



Here at TICL, we are avid readers and we always look for opportunities to learn and grow. We thought we'd share what has helped us on this journey, take a look!

MARCH 2021

RECOMMENDED - READS



Recommendation from the MD

The Happiness Advantage by Shawn Achor is a great read for understanding the connection between success and happiness. Learn about the power of positivity and how it can help you!

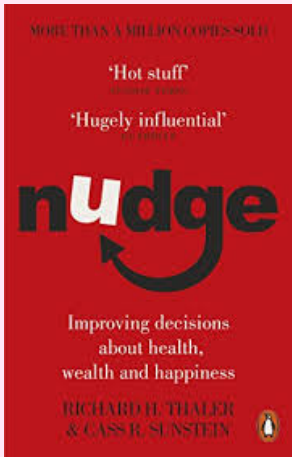


QUOTE OF THE MONTH

"The best thing about the future is that it comes one day at a time."

Abraham Lincoln

For Growth...



Nudge

Richard H. Thaler & Cass R. Sunstein

How to improve decisions about health wealth and happiness.

For Leadership...

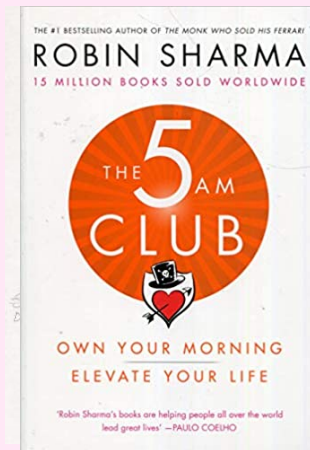


The One Minute Manager

Ken Blanchard & Spencer Johnson

Three key areas of management in a minute? From medicine to behavioural science!

For Mindset...



The 5AM Club

Robin Sharma

Discover how the early-rising habit has helped so many accomplish more in their days

Quickfire Reads...

- [Top Business Minds of the Pandemic](#) - Forbes
- [The Secret of Adaptable Organizations Is Trust](#) - Harvard Business Review
- [Building Reputation Over Your Competitors: What You Really Need To Know](#) - Forbes
- [Future Forecasting - let's talk pubs](#) - Hayley Monks, TICL

Blog of the Month - TICL... [Is There A Storm Brewing?](#)

Hayley Monks

What does the post-Covid world hold for our risk profiles?



Article of the Month - Current Events... [How to get better sleep: expert advice and best apps](#)

- The Week

With World Sleep Day this month, find out expert tips on how to perfect your sleep routine.

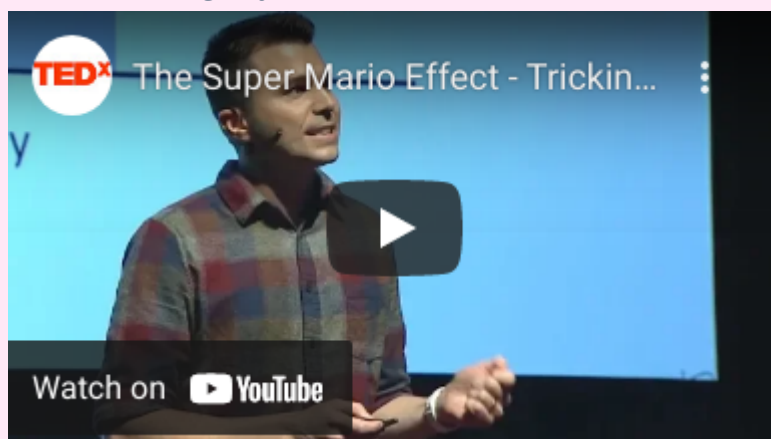


RECOMMENDED - WATCH & LISTEN



Science-Backed Ways To Become A Better Leader | Business Insider

How to boost your team's performance and changes you can make as a leader



The Super Mario Effect - Tricking Your Brain into Learning More | Mark Rober

The power of framing learning. How trying again can make a difference in your learning journey



How To Be 10x More Productive | Freedom in Thought

The productivity equation, how to focus your energy and what work sprints can do for your productivity.

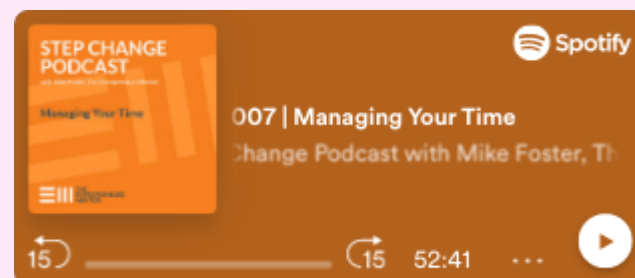
For WFH Tips...



Finding My Leadership Voice | HBR Presents / Muriel Wilkins

Confidence in management, a coached example of how to improve your communication skills.

For Great Discussion...



Managing Your Time | Step Change Podcast with Mike Foster

For those looking to learn more about time management, check out the other episodes for other great content!

For Downtime...



No Such Thing As A Smart Cheetah At Harvard | No Such Thing As A Fish

Why slowing down is more important than running fast for a cheetah?...



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