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Resource Roundup

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Getting Real About Having It All - Megan Dalla-Camina

This was the book that started EVERYTHING for me. I can honestly say that reading it changed my life. It set me on a path of self discovery and confidence building that ultimately saw me becoming a coach! Megan provides both practical wisdom and inspiration in an easy to read format. This book rates among my absolute favourites. Of all time.

Playing Big - Tara Mohr

Put simply, this book delivers chapter after chapter of confidence building teachings. I found many of them so thought provoking in my own journey, I'm currently working to complete the Playing Big facilitators training so I can incorporate the tools into my coaching practice.

The Big Leap - Gay Hendricks

This is the book to read when you know you are holding yourself back and you also know that big changes are required.

The Audacity To Be Queen - Gina DeVee

An entertaining read and a very different take on assessing and chasing what you want to bring into your life.

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Awaken The Giant Within - Anthony Robbins

Yep, it's an oldie. But it's a made a difference in so many lives. And the underlying messages remain as relevant as they were when this book was first published.

Brené Brown: Why Your Critics Aren't The Ones Who Count

This is the TedTalk I wish I'd given. It fills me with emotion every time I watch it. In it, Brené Brown gives her perspective on how to deal with both external and internal criticism.

Mel Robbins - How to stop screwing yourself over

One of the most entertaining, yet thought provoking videos I've ever watched. And not least because Mel absolutely pays out on one of my least favourite words. Like Mel, I am not a fan of the word fine - and encourage my team and my clients to avoid using it wherever possible.