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“What blogs, podcasts, or other media do you engage with to generate new ideas?”

- Adam Grant (I/O psychologist): “WorkLife”- podcast
- Malcolm Gladwell: His latest book is fantastic (starts off slow- stay with it)- Talking to Strangers. He also has an interesting podcast called “Revisionist History”
- Esther Perel (Belgian psychotherapist)- she focuses on the resilience of the human spirit, difference between ‘not being dead’ and ‘being alive’ (two very different things)- ‘How’s Work?’- business podcast, “Where Should We Begin?”- therapy podcast
- Ted talks- sign up to get them in your weekly emails. You may only listen to a couple each month, but it’s worth it. Don’t limit yourself to business-related talks. If you find it interesting, watch it.
- Netflix documentaries- current favorites include: “Inside Bill’s Brain: Decoding Bill Gates”, “The Trials of Gabriel Hernandez”, “Flint Town”, “The Keepers”
- Oprah Winfrey: Sunday morning OWN show interviewing spiritual and business leaders- “Super Soul Sunday”- you can also stream episodes directly from the OWN website)
- Masterclass (masterclass.com)- subscription based. You can listen to business leaders, such as Bob Iger from Disney, Bobby Brown, plus learn cooking techniques and other interesting information.