

LEADERSHIP SELF-ASSESSMENT RESOURCE LIST

This list will evolve and below is only a tiny fraction of the vast resources and experts on leadership and personal development, available in the world. These are resources that have shaped me over years and helped my journey (which is ongoing).

It is provided to inspire you to investigate areas that interest you by watching, reading or listening to content that supports your own growth, skills, or providing a new experience or perspective.

Resources are organised around the three areas of the Leadership Self- Assessment so you can go deeper in exactly the areas that need the most attention for you now. There are team building ideas and names of pioneers towards the end. Let me know if there's something, or someone, you think should be added. I have no affiliation to any of the following.

Bold titles are personally read, or watched, and recommended.

Start With This

"I can't recommend this enough. Game changer for tough conversations personally and professionally." -Josey

What Matters Most – Vol. II: How to Have Difficult Conversations

Antonia Prebble and Jackie Maguire

<https://podcasts.apple.com/nz/podcast/vol-ii-how-to-have-difficult-conversations/id1674452457?i=1000603889723>

For Inspiration

Remembering Bob Chapman: The Mentor Who Changed My Life

Simon Sinek – A Bit of Optimism Podcast *Impactful* ❤️

When Leaders Fail - Why 70% of Organisational Transformations Flop

Dr. Sheheena Janjuha-Jivraj – Forbes, November 2025

Section 1 – Environmental Conditions

Safety, trust, communication and culture. Team Growth.

Books

- **Situated** - Angela Duckworth (Sep 2026)
Meeting challenges. Environment shaping performance.
- **The Fearless Organization** - Amy Edmondson
The definitive work on psychological safety. Essential reading for this section.
- **Everybody Matters** – Bob Chapman
- **The Culture Code** - Daniel Coyle
How the world's most successful teams build safety, share vulnerability and establish purpose.
- **How to Win Friends & Influence People** - Dale Carnegie
A timeless foundation for human connection and communication.
- **How to Work with (Almost) Anyone** - Michael Bungay Stanier
Practical tools for building better working relationships (mbs.works.)
- **The Five Dysfunctions of a Team** - Patrick Lencioni
- **5 Languages of Appreciation in the Workplace** - Gary Chapman
- **Love and Work** (2022) – Marcus Buckingham
- **Organisational Culture & Leadership** - Edgar Schein

Podcasts & YouTube

- **Brené Brown** - Vulnerability, courage and connection. YouTube + Netflix: Call to Courage [youtube.com/watch?v=iCvmsMzIF7o](https://www.youtube.com/watch?v=iCvmsMzIF7o)
- **Simon Sinek** - Optimistic leadership and building trust. Start with Why. [youtube.com/watch?v=QOWBOSOlzCo](https://www.youtube.com/watch?v=QOWBOSOlzCo)
- **Bob Chapman** - Transformative leader billion-dollar enterprise Barry-Wehmiller Educator and passionate believer in Leadership is Stewardship <https://www.youtube.com/watch?v=W5jmSZFyWQk>
- **The Curiosity Shop** - Brene Brown & Adam Grant with Simon Sinek (2026)
The Highest Performance Strategy is Caring About People https://www.youtube.com/watch?v=HuEUg8AW_5k&t=168s
- **John C Maxwell** - Successful leadership across decades [youtube.com/@MaxwellLeadershipOfficial](https://www.youtube.com/@MaxwellLeadershipOfficial)

Netflix

- **The Light We Carry**
Michelle Obama & Oprah Winfrey
- **STUTZ**
Jonah Hill & therapist Phil Stutz - Self-care and mental health ❤️

Section 2 – Leadership Operating Practices

Clarity, decision ownership, feedback and accountability. Leadership Growth.

Books

- **Radical Candor** - Kim Scott
The definitive guide to honest, caring feedback.
- **Turn the Ship Around** - David Marquet
Decision ownership at every level of an organisation. Outstanding.
- **Extreme Ownership** - Jocko Willink
Taking full responsibility as a leader. Teamwork.
- **The 7 Habits of Highly Effective People** - Stephen Covey
- **The Art of War** - Sun Tzu
- **The Code of the Extraordinary Mind** - Vishen Lakhiani
- **The Leadership Challenge** - James Kouzes & Barry Posner
- **The First 90 Days** - Michael Watkins
- **How to Lead When You're Not In Charge** - Clay Scroggins
- **Measure What Matters** - John Doerr
- **How to be a Great Boss** - Gino Wickman & René Boer
- **Vertical Growth** - Michael Bunting
- **Thriving Leaders** - Claire Gray (AUD) thrivingculture.com.au/book

Podcasts & YouTube

- **Esther Perel** - Where Do We Begin
<https://www.estherperel.com/podcast>
- **Craig Groeschel** - The Craig Groeschel Leadership Podcast
<https://open.spotify.com/show/7tznexFwtbxfPOYF5mxkxl>
- **Steven Bartlett** - **The Diary of a CEO**
Interviewing top founders and world leading game changers.
youtube.com/TheDiaryOfACEO
- **Robert Herjavec** - Shark Tank USA. Any of the sharks!
Business leadership and decision making. Caters to helping leaders with his content.
youtube.com/@robert-herjavec

Netflix

- **The Playbook – A Coaches Rules for Life** – Coaches with championship resumes share their personal rules for success in sports and life
- **Live to Lead** – Various Guests
- **Tony Robbins: I Am Not Your Guru**

Section 3 – Performance Outcome

Engagement, execution, learning and change. Performance Growth.

Books

- **Atomic Habits - James Clear** MUST READ
The section on British Cycling alone will change how you think about team improvement.
- **Mindset - Carol Dweck**
Growth mindset and building a culture of learning. Transformational.
- **Grit - Angela Duckworth**
Perseverance, passion and long-term performance.
- **Drive - Daniel H Pink**
What motivates people. Essential for engagement.
- **Think & Grow Rich - Napoleon Hill**
- **Good to Great - Jim Collins**
- **Leading Change - John Kotter**
- **Thinking, Fast and Slow - Daniel Kahneman**
- **The 5th Discipline - Peter Senge**

Podcasts & YouTube

- **Angela Duckworth**
Grit and performance.
youtube.com/watch?v=H14bBuluwB8
- **Andrew Huberman**
Neuroscientist. Performance, focus, sleep and stress.
youtube.com/@hubermanlab

Netflix

- **The Mind Explained**

Voices That Shaped Me

These teachers shaped my personal growth journey, which is ongoing and still evolving. I share them not as leadership research, but because each has offered me real value and insight in their own lane. I hope something here resonates with you too.

Platforms

- [masterclass.com](https://www.masterclass.com)
- **Tony Robbins** - Personal development platform.
[tonyrobbins.com](https://www.tonyrobbins.com)
- **Mindvalley**
[mindvalley.com](https://www.mindvalley.com)
- **Emily McDonald** - EmOnTheBrain / The Mindcraft Method
<https://www.youtube.com/watch?v=cUbe6HbFncE>
<https://www.emonthebrain.com/>

Personal Development – Points of View

Oprah Winfrey	Louise Hay
Eckhart Tolle	Dalai Lama
James Redfield	Neale Donald Walsch
Esther Hicks	Wayne Dyer
Bob Proctor	Jim Rohn
Dr Joe Dispenza	Jay Shetty
Vishen Lakhiani	Lewis Howes
Dean Graziosi	Marisa Peer
Kathleen Cameron https://kathleencameronofficial.com/	
Rhonda Byrne	Alex & Leila Hormozi
Andre Duqum – Know Thyself Podcast	
Dr Sue Morter	Shi Heng Yi
Peter Crone	Rich Roll

Present Day People-First Pioneers

Researched, believers of the practice of prioritising employees to drive business success.

- **Bob Chapman – Barry-Wehmiller**

‘Truly Human Leadership’ – focusing on how leadership impacts the lives of employees.

- **Richard Branson – Virgin Group**

‘Take care of your employees and they will take care of your business.’

Employees are the company’s greatest asset. Leaders’ role is to support the team.

- **Herb Kelleher – Southwest Airlines**

Famous for the mantra ‘Employees first, customers second, shareholders third.’

- **Marc Benioff – Salesforce**

Advocates for ‘stakeholder capitalism,’ which focuses on the wellbeing of employees, customers and communities over just shareholders.

- **Satya Nadella – Microsoft**

Shifted Microsoft’s culture from a ‘know-it-all’ to a ‘learn-it-all’ environment, emphasizing empathy in leadership.

- **Cheryl Bachelder – CEO - Formerly of Popeyes**

Serving the people and the enterprise is by far the best path to superior financial performance.

- **Arne Sorenson – Former Marriott CEO**

Emphasized empathy, transparency, and caring for employees to drive business success.

Needing Support – Reach Out

<https://www.beyondblue.org.au> **1300 22 4636**

24/7 support

Australia <https://www.lifeline.org.au/> **13 11 14**

New Zealand NeedtoTalk **1737**

<https://www.lifeline.org.nz/> **0800 543 354**

<https://mentalhealth.org.nz/>

Team Bonding & Team Building – Innovations, Standards & Play

Getting to know each other is one of the most under-rated investments a team can make.

Team Bonding is a bridge to Team Building 

There is an enormous amount of team building content available online. What would feel fun, accessible and appropriate for your team? Safe, silly and playful moments are where we can all connect and respond well to learning about ourselves and each other.

The top two tools are foundational to The Olive Tree Method.

16personalities.com (12 minutes)

Free online personality assessment. Great to share across your team.

Above The Line/Below The Line

<https://brenebrown.com/resources/above-below-the-line/> - print out

<https://www.youtube.com/watch?v=fLqzYDZAqCI> – email to your team. Where are you?

Conscious Leadership Group

Corporate Challenge (Australia)

<https://www.corporatechallenge.com.au/team-bonding-activities/>

Allie Mooney — The People Interpreter (New Zealand)

<https://www.allisonmooney.co.nz/pressing-buttons/>

Four Basic Colours — a simple, powerful framework for understanding personality and communication styles. Which one are you?

Individual Personality Metrics

Understanding how people think, communicate and process differently creates a more respectful and collaborative environment. When a creative, playful person understands how a detail-oriented person operates and vice versa, it can change how they plan together, communicate and support each other. That awareness builds respect naturally. Again, I have no affiliations to the tools below but include them as options to investigate what may assist in personal development, self-awareness or team building.

DISC Assessment – Communication styles and workplace behavioural tendencies. Helps employees understand how their peers prefer to communicate, resolve disagreements and handle daily workplace interactions.

Clifton Strengths – <https://www.gallup.com/cliftonstrengths/en/252137/home.aspx>

The Predictive Index – Job performance forecasting and workplace drive

Hogan Assessments

High5 Strengths Test - Free

The Big Five (Ocean) Model

Myers-Briggs Type Indicator (MBTI)

The Enneagram