

RESOURCES

For the last few years, I have been collecting articles about confidence and related topics that might interest you. Some I used in the talk and others are here, too.

Neuroscience of Happiness/Confidence

<https://www.theladders.com/p/21219/neuroscience-4-rituals-happy>

Comparison is the Root of All Unhappiness

<https://www.linkedin.com/pulse/spring-free-from-comparison-trap-sam-horn/>

More Info About Carol Dweck & Growth Mindset

<https://medium.com/@tstocky/thoughts-about-self-confidence-4b3253a6b42e>

Resistance Is Futile. To Change Habits, Try Replacement Instead.

<https://www.nytimes.com/2018/03/19/your-money/resistance-is-futile-to-change-habits-try-replacement-instead.html>

Risk/Reward Feedback Loop

<http://theglasshammer.com/2010/08/10/on-being-bold-thought-leadership-is-leadership/>

Power of Self-Promotion

<http://theglasshammer.com/2017/02/28/self-promoters-get-promoted/>

Women Benefit When They Downplay Gender

<https://hbr.org/2018/07/women-benefit-when-they-downplay-gender>

New Strategies Help Women Build Career Confidence

<https://www.wsj.com/articles/women-strive-to-narrow-a-confidence-gap-1521465138>

Social Capital and Habitus

<https://www.nytimes.com/2017/07/18/opinion/inequality-pierre-bourdieu.html>

Promotion vs. Prevention Research

<https://www.forbes.com/sites/janetwburns/2017/07/06/women-get-more-questions-on-risk-from-startup-vcs-than-men-do-and-far-less-money/#4002b645473a>

New Strategies Help Women Build Career Confidence

<https://www.wsj.com/articles/women-strive-to-narrow-a-confidence-gap-1521465138>

The counterintuitive tricks to asking better questions, according to Harvard research

<https://work.qz.com/1320203/how-to-ask-smart-questions-according-to-a-harvard-study/?sf194874471=1>

Picture a Leader. Is She a Woman?

<https://www.nytimes.com/2018/03/16/health/women-leadership-workplace.html>

How To Create Your Leadership User's Manual

<https://www.forbes.com/sites/kevinkruse/2018/07/01/how-to-create-your-leadership-users-manual/>

Use Your Seat to Get Ahead

https://www.wsj.com/article_email/use-your-seat-to-get-ahead-at-work-1502199000-IMyQjAxMTA3MzEyMjMxOTI4Wj/

You Can Master the 3 Ways to Influence People

<https://www.ccl.org/articles/leading-effectively-articles/three-ways-to-influence/>

Recent Research on the State of Women

<https://www.glamour.com/story/50-states-of-women>

What Amazon's Board Was Getting Wrong About Diversity and Hiring

<https://hbr.org/2018/05/what-amazons-board-is-getting-wrong-about-diversity-and-hiring>

'Find Your Passion' is Absolutely Terrible Advice, Stanford Study Says

<https://www.inc.com/betsy-mikel/find-your-passion-is-absolutely-terrible-advice-stanford-study-says.html>

Building a Great Network

<https://qz.com/968424/first-round-capitals-chris-fralic-a-venture-capitalist-explains-how-to-become-insanely-well-connected-and-networked/>

Books on Confidence

[The Credibility Code: How to Project Confidence and Competence When It Matters Most](#)

By Cara Alter

[What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want,](#) By Sam Horn

My Book on Thought Leadership

[Ready to Be a Thought Leader?: How to Increase Your Influence, Impact, and Success](#)

By Denise Brosseau

Visit my website for more resources: www.thoughtleadershiplab.com

Connect with me online at Twitter: [@thoughtleadrlab](https://twitter.com/thoughtleadrlab) or on [LinkedIn](#).