

Book Recommendations

Cuddy, A. (2015). *Presence: Bringing your boldest self to your biggest challenges*. New York: Little, Brown and Company.

Ensher, E. (2015). Music as a courage ritual to overcome fear in networking, connecting with a mentor network group, and doing other hard stuff [Blog post]. Retrieved from <http://www.ellenensher.com/music-as-a-courage-ritual-to-overcome-fear-in-networking-connecting-with-a-mentor-network-group-and-doing-other-hard-stuff/>

McGinn, D. (2017). *Psyched up: How the science of mental preparation can help you succeed*. New York: Penguin Random House.

TED. (2013). How to get a mentor [Video file]. Retrieved from <https://www.youtube.com/watch?v=87qjIZRkkio>