Resources and comments provided by Christine Porath

Haven't listened to yet, but seems on point, the first one--Hidden Brain (NPR) podcast likely being the best and most informative:
https://hiddenbrain.org/podcast/the-easiest-person-to-fool/


Here are some other resources—many of which I may have mentioned:
Here are a few resources that I mentioned and may be of interest:

https://hbr.org/2022/11/frontline-work-when-everyone-is-angry
WorkWell podcast

Video on Radical Candor by Kim Scott and Radical Candor book by Kim Scott

Tasha Eurich TED talk on Self Awareness
Insight by Tasha Eurich

Joy of Movement by Kelly McGonical

Fearless Organization by Amy Edmondson - she also has articles and TED talks. TED talk on how to turn strangers into a team

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Adam Grant on Becoming Friends you’re your Rivals https://www.ted.com/talks/worklife_with_adam_grant_become_friends_with_your_rivals?language=en