**Comms Unplugged/CIPR Health webinar 2 (17 June 2020) – resources from the chat**

**Book and author recommendations**

* Notes on a nervous planet by Matt Haig
* Essentialism by Greg McKeown
* Dare to Lead by Brene Brown
* Simon Sinek
* Crisis Communications Strategies by Amanda Coleman. Use code CIPR25 you get a 25 per cent discount. <https://www.koganpage.com/product/crisis-communication-strategies-9781789662900>

**Podcasts**

* Ten Words by Jeremy Waite.
* <https://podcasts.apple.com/gb/podcast/unlocking-us-with-bren%C3%A9-brown/id1494350511>

**Twitter feeds**

* Joe Crossland our birdsong guru: [@foggiebee](https://twitter.com/foggiebee?lang=en)
* Joe’s Twitter thread on the birds he described and good accounts to follow: <https://twitter.com/foggiebee/status/1273220182475976705>

**Blogs and blog posts**

* Influencing tips from Jenni Field: <https://redefiningcomms.com/blog/the-role-of-the-communicator-in-influence-and-leadership>

**Other info and ideas**

* Learn a language: Duolingo
* The CIPR’s progress mentoring scheme
* For Jennie Field’s template for CPD planning email jenni@redefiningcomms.com
* Jenni Field’s list of good books and podcasts: <https://redefiningcomms.com/downloads/>
* 'We aren't all in the same boat' (poem), anonymous Indian writer: <https://timesofindia.indiatimes.com/india/in-times-of-lockdown-a-poem-asks-us-to-be-non-judgmental/articleshow/75245008.cms>

# TED talk: We are NOT in the same boat, Geoff DeVito - <https://www.youtube.com/watch?v=rhZfg6VFvHc>

* Get your leadership team to agree to a meeting free morning every Wednesday
* Virtual working - taking stock on impact: <https://www.nytimes.com/interactive/2020/06/09/magazine/remote-work-covid.html>