

Developing an Innovator's Mindset (Slide 3) - <https://georgecouros.ca/blog/the-innovators-mindset-book>

Brene Brown on Empathy video (slide 5) - <https://youtu.be/1Evwgu369Jw>

The Future Belongs to the Curious video (slide 7) - <https://vimeo.com/34853044>

Ways to Build Your Resilience (slide 11) - <https://www.apa.org/helpcenter/road-resilience>

WOOP Strategy (slide 12) - <http://woopmylife.org/woop-1>

Future Me (slide 14) – <http://www.futureme.org>