

## Ontario West Midwifery Conference

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### Leadership Development Resources

This document provides a curated list of books and podcasts aligned with key leadership themes discussed during Leadership Day: Lead Self, Lead Others, Communication, Systems & Strategy, and Operations & Quality. These resources are recommended for midwifery leaders seeking to strengthen relational, strategic, and systems-level leadership skills.

### Recommended Books

| Topic Area | Book Title (Link)                                                     | Why It's Relevant                                                                                                             |
|------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Lead Self  | Essentialism: The Disciplined Pursuit of Less (Greg McKeown)          | Helps leaders focus on what matters most, reduce overwhelm, and lead themselves clearly.                                      |
|            | Impact Players- Liz Wiseman                                           | Reframes leadership as behavioural, not positional. Examines the traits of team members who create the most impact.           |
|            | Buy Back Your Time- Dan Martell                                       | Learning how to delegate, systemize and elevate your efficiency.                                                              |
|            | Getting Things Done- the art of stress free productivity, David Allen | Capturing, organizing and executing tasks so you can clear your mind and focus.                                               |
|            | Atomic Habits- James Clear                                            | How small habits compound into significant change, and how to build systems and environments to support productive behaviour. |
|            | The 7 Habits of Highly Effective People (Stephen Covey)               | Classic on personal leadership, self-management and integrity.                                                                |

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| <b>Lead Others</b>              | The Coaching Habit<br>(Michael Bungay Stanier).                                                                                   | Focuses on asking better questions rather than always giving answers—very relational.                                         |
|                                 | The 5 Dysfunctions of a Team: A Leadership Fable<br>(Patrick Lencioni)                                                            | Midwifery is inherently team-based. Addresses the human side of teamwork.                                                     |
|                                 | Leaders Eat Last- (Simon Sinek)                                                                                                   | Explores how the most effective leaders create cultures of trust and safety where people feel valued, inspired and protected. |
|                                 | The 21 Irrefutable Laws of Leadership<br>(John C. Maxwell)<br><br>Strong Ground- (Brene Brown)<br><br>Dare to Lead- (Brene Brown) | Practical laws for influencing and leading others and teams.                                                                  |
| <b>Communication</b>            | Start With Why: How Great Leaders Inspire Everyone to Take Action (Simon Sinek)                                                   | Explores how communication, vision and purpose tie together.                                                                  |
| <b>Systems &amp; Strategy</b>   | Team of Teams: New Rules of Engagement for a Complex World (General Stanley McChrystal)                                           | Useful for thinking about systems, strategy, agility and networked leadership.                                                |
| <b>Operations &amp; Quality</b> | Good to Great: Why Some Companies Make the Leap ... and Others Don't (Jim Collins)                                                | Research-based on what drives enduring organizational quality and performance.                                                |

## Recommended Podcasts

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**HBR IdeaCast:** Harvard Business Review's show on leadership, strategy, and system-level change.

**Maxwell Leadership Podcast:** Focuses on transformational leadership and practical tools for leading others.

**Lead With That:** Explores leadership lessons from current events, culture, systems and change.

**The Leadership Podcast:** Features interviews with leaders, authors and thinkers; ideal for relational and communication themes.

**Craig Groeschel Leadership Podcast:** Practical, concise episodes on communication, decision-making, and self-leadership.

## **Recommended TED Talks for Leadership Development**

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This curated list of TED Talks aligns with the five leadership themes from Leadership Day — Lead Self, Lead Others, Communication, Systems & Strategy, and Operations & Quality. Each talk offers insight into the relational, strategic, and human sides of leadership.

### **Lead Self**

- **Your Body Language May Shape Who You Are – Amy Cuddy**  
Explores how posture and mindset influence confidence and presence. A reminder that self-leadership begins with authenticity.
- **The Power of Vulnerability – Brené Brown**  
Reframes vulnerability as courage — a cornerstone of compassionate, authentic leadership.
- **How Great Leaders Inspire Action – Simon Sinek**  
Introduces the 'Start With Why' concept, showing how purpose-driven leadership motivates and unites teams.

### **Lead Others**

- **Why Good Leaders Make You Feel Safe – Simon Sinek**  
Shows how leaders create trust and belonging — directly tied to effective healthcare and team environments.
- **Everyday Leadership – Drew Dudley**  
Demonstrates that leadership happens in small, meaningful acts that impact others.
- **What It Takes to Be a Great Leader – Roselinde Torres**  
Highlights the traits of modern leaders — curiosity, courage, and adaptability in a changing world.

### **Communication**

- **10 Ways to Have a Better Conversation – Celeste Headlee**  
Offers practical tips for better communication and listening with presence and empathy.
- **The Secret Structure of Great Talks – Nancy Duarte**  
Reveals how great communicators use storytelling to inspire change and action.

## **Systems & Strategy**

- Dare to Disagree – Margaret Heffernan  
Encourages constructive conflict and diverse thinking for better decision-making.
- How to Lead in a Crisis – Amy C. Edmondson  
Shows how transparency and compassion foster trust and performance during uncertainty.

## **Operations & Quality**

- How to Get Better at the Things You Care About – Eduardo Briceño  
Explains how to move between performance and learning zones for continuous improvement.
- How to Build a Company Where the Best Ideas Win – Ray Dalio  
Focuses on radical transparency and feedback systems for operational excellence.
- The Happy Secret to Better Work – Shawn Achor  
Explains how positivity enhances creativity, resilience, and productivity in teams.

## **Healthcare & Compassionate Leadership**

- How to Fix a Broken School? Lead Fearlessly, Love Hard – Linda Cliatt-Wayman  
A powerful story of leading with empathy and courage in a challenging system — deeply relevant to healthcare and midwifery leadership.

## **Leadership Courses and Programs**

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### **AME Consulting: Aileen Edwards**

<https://www.ameconsulting.ca/>

### **Blaze Your Trail Coaching- Carol Cameron**

<https://www.blazeyourtrailcoaching.com/>

### **Lead Self**

Brené Brown – Dare to Lead™ Training: Focus: Courage, vulnerability, empathy, and grounded confidence.

Mindful Leader – Search Inside Yourself Program: Focuses on mindfulness, self-regulation, and emotional intelligence for leaders.

Harvard ManageMentor: Self-Awareness & Resilience Module: Short, research-based self-leadership course.

### **Lead Others**

Center for Creative Leadership (CCL): Leading Others: Deep dive into influence, motivation, and building leadership capacity in others.

Co-Active Coach Training (CTI – Coaches Training Institute): Focuses on relational leadership and coaching communication.

Cornell University eCornell – Women in Leadership Certificate: Enhances influence, negotiation, and people leadership skills for women leaders.

### **Communication**

Crucial Conversations® for Mastering Dialogue (VitalSmarts / Crucial Learning): Teaches how to have difficult conversations that strengthen trust and results.

HarvardX (edX): Rhetoric: The Art of Persuasive Writing and Public Speaking: Improves clarity, influence, and presence in communication.

Rotman School of Management: Communicating as a Leader: Focuses on persuasive leadership communication in complex organizations.

### **Systems & Strategy**

Harvard Kennedy School – Leadership and Change in Healthcare: Provides strategic frameworks for leading transformation in health systems.

MIT Sloan – Organizational Systems Thinking and Change Leadership: Emphasizes complexity, networks, and adaptive strategy.

Ivey Business School – Women in Leadership Program: Blends strategic thinking, decision-making, and systems influence from a gender-equity lens.

### **Operations & Quality**

Institute for Healthcare Improvement (IHI) – Quality Improvement Essentials Certificate: Focuses on process improvement, systems change, and leading QI projects in healthcare.

Lean Six Sigma Yellow/Green Belt (Coursera or ASQ): Teaches process optimization and problem-solving skills for operational excellence.

NHS Leadership Academy – Edward Jenner Programme: Free online foundation program designed for clinical leaders.

### **Optional Add-Ons for Healthcare Leaders**

Schulich Executive Education (York University): Leading in Healthcare Transformation: Focuses on strategy, innovation, and digital transformation in health systems.

Canadian College of Health Leaders (CCHL): Leadership Development Program: Tailored for healthcare leaders in Canada; aligns with the LEADS Framework.