

Thank you for attending C.H.A.R.T. Your Path as part of Gonzaga's Career Trek experience.

I hope you'll enjoy the resources below. Feel free to get in touch if you have questions or would like to learn more about my services.

Warmly,

Kimberly

Growth Mindset **Assessment**, <https://blog.mindsetworks.com/what-s-my-mindset?view=quiz>

Books Referenced

Dr. Carol Dweck, [Mindset The New Psychology of Success](#)

Mark Divine, [Unbeatable Mind](#) Former Navy SEAL

Dr. Marshall Goldsmith, Author, Executive Coach Feed Forward

<https://www.marshallgoldsmith.com/articles/try-feedforward-instead-feedback/>

Video resources

Mark Divine teaching his box breathing technique on [YouTube \(5:40\)](#)

[I'm Excited \(2:49\)](#) Alison Wood Brooks, Harvard Business School

[How to Make Stress Your Friend, Dr. Kelly McGonigal \(3:30\)](#)

Resilience Article

American Psychological Association <https://www.apa.org/topics/resilience>

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***What do you need to do - or stop doing - to be
the leader you want to be?***