### Women's Leadership Development Program

**Food for Thought 2022: 3rd Thursdays, 1 PM, Zoom**

We meet the third Thursday of the month over zoom to talk about books with ideas to help us better manage ourselves and navigate the world around us.

Food for Thought is a program of the Women's Leadership Development Council dedicated to developing and advancing women leaders through personal and professional development.

<table>
<thead>
<tr>
<th>Date</th>
<th>Book</th>
<th>Resources</th>
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| March 17 at 1 PM | Just Work: How to Root Out Bias, Prejudice, and Bullying by Kim Scott | **Read** Just Work website [https://www.justworktogether.com/](https://www.justworktogether.com/)  
**Watch** Talks at Google [https://youtu.be/HenYljyR740](https://youtu.be/HenYljyR740)  
**Listen** Radical Candor S3, Ep3: Kim Scott and Trier Bryant Talk Bias, Prejudice & Bullying in the Workplace [https://feeds.megaphone.fm/radicallisten](https://feeds.megaphone.fm/radicallisten) |
| April 21 at 1 PM | Burnout: The Secret to Unlocking the Stress Cycle by Amelia Nagoski | **Read** Burnout website [https://www.burnoutbook.net/](https://www.burnoutbook.net/)  
**Watch** TED Interview [https://www.youtube.com/watch?v=PrJAX-iQ-O4](https://www.youtube.com/watch?v=PrJAX-iQ-O4)  
**Listen** Ten Percent Happier [https://tenpercent.com](https://tenpercent.com) |
**Watch** Beautiful Country: An Evening with Qian Julie Wang and M. Evelina Galang [https://youtu.be/t7CzZq1JEU](https://youtu.be/t7CzZq1JEU)  
**Watch** The Warmth of Other Suns GRCCtv [https://youtu.be/LtpcX5yOyvA](https://youtu.be/LtpcX5yOyvA)  
**Watch** Querying Prep Tips with Sonora Reyes [https://youtu.be/kqsSp1CtYk](https://youtu.be/kqsSp1CtYk)  
**Listen** Sonora Reyes website [https://www.sonorareyes.com/](https://www.sonorareyes.com/) |
| August 18 at 1 PM | Hidden Valley Road: Inside the Mind of an American Family by Robert Kolker | **Read** Hidden Valley Road website [https://hidden-valley-road.com/](https://hidden-valley-road.com/)  
**Watch** Politics and Prose interview [https://youtu.be/760zuGHIJDE](https://youtu.be/760zuGHIJDE)  
**Listen** Podchaser website [https://www.podchaser.com/creators/robert-kolker-107aDv3onq](https://www.podchaser.com/creators/robert-kolker-107aDv3onq) |
| September | No Meeting |  |
**Watch** TED [https://www.youtube.com/watch?v=fC9da6eqaqg](https://www.youtube.com/watch?v=fC9da6eqaqg)  
**Watch** Zora Neale Hurston Documentary [https://youtu.be/7/K1ozpwiQIM](https://youtu.be/7/K1ozpwiQIM)  
**Listen** AudioFile Magazine [https://lithub.com/you‐dont‐know‐us‐negros‐by‐zora‐neale‐hurston‐read‐by‐robin‐miles/](https://lithub.com/you‐dont‐know‐us‐negros‐by‐zora‐neale‐hurston‐read‐by‐robin‐miles/) |
| December | No Meeting |  |

**2022 R&DE Women's Leadership Development Council**

**Co-chairs**
- Amanda Gotthold
- Suzanne Bennett
- Debbie Main

**Council Members**
- Rosa Barbosa
- Jackie Bertoldo
- Mary Duch
- Simone Ferber
- Cyndi McCollister
- Michelle Radisch
- Marii C. Saucedo

Encouraging women leaders through personal and professional development.

[https://rde.stanford.edu/womens-leadership-development-program](https://rde.stanford.edu/womens-leadership-development-program)

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