

Further Reading and Resources

Name Of resource and link (can be document video or site.)	An introvert's guide to social freedom – Kaspars Breidaks https://youtu.be/AWCiloSaG74
Name Of resource and link (can be document video or site.)	10 Ways to have a better conversation – Celeste Headlee https://youtu.be/R1vskiVDwl4
Name Of resource and link (can be document video or site.)	How Can I Say This – Beth Buelow https://open.spotify.com/show/55AaTlqnERpvxwTVMxToC5
Name Of resource and link (can be document video or site.)	Soft skills for leadership and employees to hone https://www.betterup.com/blog/soft-skills?hsLang=en
Name Of resource and link (can be document video or site.)	The five social and emotional competencies https://youtu.be/pWZeR1bB038
Name Of resource and link (can be document video or site.)	Understanding The Antecedent Behavior Consequence Model https://www.betterhelp.com/advice/behavior/understanding-the-antecedent-behavior-consequence-model/
Name Of resource and link (can be document video or site.)	