

# Women's Leadership Development Program

## Food for Thought 2022: 3<sup>rd</sup> 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.

Date	Book	Resources
March 17 at 1 PM	<i>Just Work: How to Root Out Bias, Prejudice, and Bullying</i> by Kim Scott	Read <a href="https://www.justworktogether.com/">Just Work</a> website <a href="https://www.justworktogether.com/">https://www.justworktogether.com/</a>
		Watch <a href="https://youtu.be/HenYIyJR740">Talks at Google</a> <a href="https://youtu.be/HenYIyJR740">https://youtu.be/HenYIyJR740</a>
		Listen <a href="https://feeds.megaphone.fm/radicalcandor">Radical Candor S3, Ep3: Kim Scott and Trier Bryant Talk Bias, Prejudice &amp; Bullying in the Workplace</a> <a href="https://feeds.megaphone.fm/radicalcandor">https://feeds.megaphone.fm/radicalcandor</a>
April 21 at 1 PM	<i>Burnout: The Secret to Unlocking the Stress Cycle</i> by Amelia Nagoski	Read <a href="https://www.burnoutbook.net/">Burnout</a> website <a href="https://www.burnoutbook.net/">https://www.burnoutbook.net/</a>
		Watch <a href="https://www.youtube.com/watch?v=PrJAX-iQ-O4">TED Interview</a> <a href="https://www.youtube.com/watch?v=PrJAX-iQ-O4">https://www.youtube.com/watch?v=PrJAX-iQ-O4</a>
		Listen <a href="https://www.tenpercent.com/podcast-episode/emily-amelia-nagoski-409">Ten Percent Happier</a> <a href="https://www.tenpercent.com/podcast-episode/emily-amelia-nagoski-409">https://www.tenpercent.com/podcast-episode/emily-amelia-nagoski-409</a>
May 19 at 1 PM	<i>Beautiful Country</i> A MEMOIR By Qian Julie Wang	Read <a href="https://www.goodreads.com/en/book/show/56461570">Goodreads Summary</a> <a href="https://www.goodreads.com/en/book/show/56461570">https://www.goodreads.com/en/book/show/56461570</a>
		Watch <a href="https://youtu.be/tTCcZqt_IJU">Beautiful Country: An Evening with Qian Julie Wang and M. Evelina Galang</a> <a href="https://youtu.be/tTCcZqt_IJU">https://youtu.be/tTCcZqt_IJU</a>
		Listen <a href="https://podcasts.apple.com/us/podcast/beautiful-country-with-qian-julie-wang/id1459470616?i=1000536841926">Beautiful Country with Qian Julie Wang</a> <a href="https://podcasts.apple.com/us/podcast/beautiful-country-with-qian-julie-wang/id1459470616?i=1000536841926">https://podcasts.apple.com/us/podcast/beautiful-country-with-qian-julie-wang/id1459470616?i=1000536841926</a>
June 16 at 1 PM	<i>The Warmth of Other Suns: The Epic Story of America's Great Migration</i> by Isabel Wilkerson	Read <a href="http://warmth.isabelwilkerson.com/">The Warmth of Other Suns</a> website <a href="http://warmth.isabelwilkerson.com/">http://warmth.isabelwilkerson.com/</a>
		Watch <a href="https://youtu.be/LtpcX5yOyvA">The Warmth of Other Suns GRCCtv</a> <a href="https://youtu.be/LtpcX5yOyvA">https://youtu.be/LtpcX5yOyvA</a>
		Listen <a href="https://www.lapl.org/books-edia/podcasts/aloud/warmth-other-suns-epic-story-americas-great-migration">The Warmth of Other Suns podcast</a> <a href="https://www.lapl.org/books-edia/podcasts/aloud/warmth-other-suns-epic-story-americas-great-migration">https://www.lapl.org/books-edia/podcasts/aloud/warmth-other-suns-epic-story-americas-great-migration</a>
July 21 at 1 PM	<i>The Lesbian's Guide to Catholic School</i> by Sonora Reyes (May 2022)	Read <a href="https://www.goodreads.com/en/book/show/57435050">Goodread's Summary</a> <a href="https://www.goodreads.com/en/book/show/57435050">https://www.goodreads.com/en/book/show/57435050</a>
		Watch <a href="https://youtu.be/ksfk0PiCtYk">Querying Prep Tips with Sonora Reyes</a> <a href="https://youtu.be/ksfk0PiCtYk">https://youtu.be/ksfk0PiCtYk</a>
		Listen <a href="https://www.sonorareyes.com/">Sonora Reyes</a> website <a href="https://www.sonorareyes.com/">https://www.sonorareyes.com/</a>
August 18 at 1 PM	<i>Hidden Valley Road: Inside the Mind of an American Family</i> by Robert Kolker	Read <a href="https://hidden-valley-road.com/">Hidden Valley Road</a> website <a href="https://hidden-valley-road.com/">https://hidden-valley-road.com/</a>
		Watch <a href="https://youtu.be/76OzuGHtJDE">Politics and Prose</a> interview <a href="https://youtu.be/76OzuGHtJDE">https://youtu.be/76OzuGHtJDE</a>
		Listen <a href="https://www.podchaser.com/creators/robert-kolker-107aDv3onq">Podchaser</a> website <a href="https://www.podchaser.com/creators/robert-kolker-107aDv3onq">https://www.podchaser.com/creators/robert-kolker-107aDv3onq</a>
September	No Meeting	
October 20 at 1 PM	<i>Brave, Not Perfect: Fear Less, Fail More, and Live Bolder</i> by Reshma Saujani	Read <a href="https://www.bravenotperfect.com/">Brave Not Perfect</a> website <a href="https://www.bravenotperfect.com/">https://www.bravenotperfect.com/</a>
		Watch <a href="https://www.youtube.com/watch?v=fC9da6eqaqq">TED</a> <a href="https://www.youtube.com/watch?v=fC9da6eqaqq">https://www.youtube.com/watch?v=fC9da6eqaqq</a>
		Listen <a href="https://www.bravenotperfect.com/bring-your-bravest-self-to-work-ft-the-hosts-of-battle-tactics-for-your-sexist-workplace/">Bring Your Bravest Self to Work</a> <a href="https://www.bravenotperfect.com/bring-your-bravest-self-to-work-ft-the-hosts-of-battle-tactics-for-your-sexist-workplace/">https://www.bravenotperfect.com/bring-your-bravest-self-to-work-ft-the-hosts-of-battle-tactics-for-your-sexist-workplace/</a>
November 17 at 1 PM	<i>You Don't Know Us Negroes and Other Essays</i> By Zora Neale Hurston, Edited by Henry Louis Gates, Jr., & Genevieve West	Read <a href="https://www.harpercollins.com/products/you-dont-know-us-negroes-and-other-essays-zora-neale-hurstonhenry-louis-gatesgenevieve-west?variant=39344430514210">Book Summary</a> <a href="https://www.harpercollins.com/products/you-dont-know-us-negroes-and-other-essays-zora-neale-hurstonhenry-louis-gatesgenevieve-west?variant=39344430514210">https://www.harpercollins.com/products/you-dont-know-us-negroes-and-other-essays-zora-neale-hurstonhenry-louis-gatesgenevieve-west?variant=39344430514210</a>
		Watch <a href="https://youtu.be/7k1ozpwiQIM">Zora Neale Hurston Documentary</a> <a href="https://youtu.be/7k1ozpwiQIM">https://youtu.be/7k1ozpwiQIM</a>
		Listen <a href="https://lithub.com/you-dont-know-us-negroes-by-zora-neale-hurston-read-by-robin-miles/">AudioFile Magazine</a> <a href="https://lithub.com/you-dont-know-us-negroes-by-zora-neale-hurston-read-by-robin-miles/">https://lithub.com/you-dont-know-us-negroes-by-zora-neale-hurston-read-by-robin-miles/</a>
December	No meeting	

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

#### Co-chairs

Amanda Gotthold  
Suzanne Bennett  
Debbie Main

#### Council Members

Rosa Barbosa      Mary Duch      Cyndi McCollister      Marii C. Saucedo  
Jackie Bertoldo      Simone Ferber      Michelle Radisich