

Women in Ophthalmology Summer Reading List

In an effort to maximize your educational experience at the leadership workshops this year, for the first time ever, we are including a WIO Summer Symposium reading list! All resources are readily available online for free or minimal cost (and a few are even in video format) so you may review as much or as little as you like.

The reading list is entirely optional but if there is an area in which you would like to gain additional knowledge, familiarizing yourself with the concepts in these resources will allow you to garner the greatest benefit at the meeting.

Negotiation:

- *Her Place at the Table: A Woman's Guide to Negotiating Five Key Challenges to Leadership Success*, by Deborah M. Kolb, Judith Williams
- *The Power of a Positive No: Save the Deal, Save the Relationship and Still say No*, by William Ury
- *The Power of a Positive No: How to Say No and Still Get to Yes*, by William Ury, <https://www.microsoft.com/en-us/research/video/the-power-of-a-positive-no-how-to-say-no-and-still-get-to-yes/#>

Communication:

- *Crucial Conversations: Tools for Talking When Stakes Are High*, by Kerry Paterson and Joseph Grenny
- *Talk Like Ted: The 9 Public-Speaking Secrets of the World's Top Minds*, by Carmine Gallo
- *Optimizing the Patient Experience*
- *Excellence with an Edge: Practicing Medicine in a Competitive Environment*, by Michael Harris, MD
- *Hardwiring Excellence*, by Quint Studer
- *Practicing Excellence*, by Stephen Beeson, MD

Health and Well Being:

- *Burnout Prevention and Burnout Prevention and Treatment*: <https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>
- *Connect or Die: The Surprising Power of Human Relationships*, by Starla Fitch, MD, TEDxFargo. <https://www.youtube.com/watch?v=z-WwsALhH04>

Networking:

- *Women and Self Esteem: 4 Myths About Selling Yourself and What To Do About Them*. <https://www.gehshangroup.com/single-post/2017/05/01/Women-and-Self-Esteem-4-myths-about-selling-yourself-and-what-to-do-about-them>
- *Your Body Language Shapes Who You Are*, by Amy Cuddy
TEDGlobal http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en
- *How to Promote Yourself Without Looking Like a Jerk*, by Dorie Clark. Harvard Business Review. 12/22/2014. <https://hbr.org/2014/12/how-to-promote-yourself-without-looking-like-a-jerk>