



Developing Leadership Competencies

10. STAMINA/STRESS RESISTANCE-cont.

- ***You Don't Have to Go Home from Work Exhausted***, Ann McGee-Cooper (Bantam Books, 1992)
- ***The Joy of Stress - How to Make Stress Work for You***, Peter G. Hanson, (Hanson Stress Management Organization, 1986)
- ***The One Minute Manager***, Spencer Johnson and Kenneth Blanchard (Berkley Publishing Group, 1983)
- ***Getting Things Done: The Art of Stress Free Productivity***, David Allen (Viking Press, 2001)

Articles

- The Art of Chaordic Leadership by Dee Hock,
<http://www.pfdf.org/leaderbooks/I2I/winter2000/hock.html>

Videos

- The Unorganized Manager Series, (Video Arts)
- Managing Stress (CCRM)
- The Story of a New One Minute Manager (Ken Blanchard, TRM)
- Stress Busters! (Enterprise Media)

Other Resources

- Wellness Checkpoint - a computer-based assessment offered by the Public Service Commission's Self-Directed Learning Centre
- Employee Assistance Programme for DFAIT (EAP)

Notes
