

Eilidh Milnes
PRONOUNCED AY-LEE
**CAPTAIN
POSITIVE**



— YOUR —
**CONFIDENCE
SPEAKER
& COACH**

Another Shout-out for Ted

Top Recommends - Issue 2

Ted Talks links have been a popular feature within my Confidence Strategies for several years. In fact as I put together this document for my readers, there are some 38 links on the blog of my speaking website. You'll find all of them on this TedTalkTag.

It occurred to me that it might be helpful to catalogue these for you. So here's the first tranche of five now.

1. **This first** TedTalk is a funny, enlightening talk, by educational psychologist Peter Doolittle details the importance – and limitations – of your "working memory," that part of the brain that allows us to make sense of what's happening right now.
2. **When I meet** interesting people I like to ask them what they are currently reading, a book they'd recommend, or sometimes their favourite TedTalk. It's the latter question that I pitched to Nigel Girling. He suggested Simon Sinek who has a simple but powerful model for inspirational leadership – starting with a golden circle and the question "Why?"
3. **It's my job** to motivate and inspire so when I spotted Tony Robbins' Tweet discussing the "invisible forces" that motivate everyone's actions I had to check it out his talk.
4. **Staying with motivation**, view career analyst Dan Pink as he examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think. Listen for illuminating stories – and maybe, a way forward. This is one of my all time favourites, Dan Pink.

5. **Martin Seligman** founded the field of positive psychology in 2000, and has devoted his career since then to furthering the study of positive emotion, positive character traits, and positive institutions so it is no wonder that as Captain Positive I favour his work. Check out his Ted Talk here.



Join The Confidence Community for regular insights and #PositivePointers. Get my Confidence Strategies, straight to your inbox every couple of weeks. Please let me know your favourite Ted Talks so that I can share them too. Thank you.

Enjoy your viewing... and look out for Issue 2 on future ezines.

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