

# Resources

## Resource Links for Principles of Organizational Belonging:

### Belonging

[The Value of Belonging](#) (HBR)

[Belonging vs Psych Safety](#) (ibelong)

[You Belong](#) (Sebene Selassie)

### Epigenetics

[How Parents' Trauma Leave Biological Traces in Children](#)  
(Rachel Yehuda)

[Can the Legacy of Trauma be Passed Down to Generations](#)  
(BBC)

[Epigenetics with Dr Moshey Szyf](#) (Interview Video)

[The Forgotten Father of Epigenetics](#) (American Scientist)

[Dr. Joy Degruy](#) (Author Site)

[Resmaa Menaken](#) (Author Site)

[On Being with Krista Tibbett – Interview with Resmaa Menaken](#) (Podcast)

### Polyvagal Theory

[Stephen Porges](#) (Author Site)

### Trauma

[How Your Brain Processes Rejection](#) (Discover Magazine)

[The Body Keeps Score](#) – (Bessel van der Kolk)

[How Childhood Trauma Leads to Addiction](#) (Gabor Maté)

[Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others'](#) (Laura Van Dernoot Lipsky, Connie Burk, Jon R. Conte)

[Homecoming: Overcome Fear and Trauma to Reclaim Your Whole, Authentic Self](#)  
(Thema Bryant)

[Overcoming Trauma through Yoga: Reclaiming Your Body](#)  
(David Emerson)

### Burnout

[Burnout Self-Test](#) (Mindtools)

[Burnout: The Cost of Caring](#) (Christina Maslach)

[The Age of Overwhelm: Strategies for the Long Haul](#) ( Laura Van Dernoot Lipsky)

## **Circuits of Emotion & Motivation**

TedTalk: The Science of Emotions (Jaak Panksepp)

Affective Neuroscience (Jaak Panksepp)

What Affective Neuroscience Means for Science Of Consciousness (Peer Review, NCBI)

The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth (Amy Edmonson)

## **Resonance**

Your Resonant Self: Guided Meditations and Exercises to

Engage Your Brain's Capacity for Healing (Sarah Payton)

## **Anti-Racist**

The Anti-Racist Organization: Dismantling Systemic Racism in the Workplace (Shereen Daniels)

## **Organizational Health**

The Advantage: Why Organizational Health Trumps Everything Else in Business (Patrick Lencioni)

## **Glossary:**

### **Antiracism:**

Is about the redistribution of power. It is about pro fairness and pro equity.

### **Belonging:**

Is the ability to create safety for yourself.

### **Conflict:**

Is a clash of interest that often lacks clarity and an unwillingness to negotiate. Conflict resolution requires understanding first and agreement second.

### **Epigenetics:**

The science of epigenetics includes the stressors of our environment, as well as our transgenerational stressors which directly influence our neurobiology.

### **Gaslighting:**

Is denying, minimizing, or discounting anyone's experience, including our own.

### **Inclusion:**

Is the ability to create safety for others.

### **Organizational Health:**

Is directly correlated to our ability in resolving conflict.

Organizational Health requires three components: feedback, accountability, and self-reflection. If we lack in any of these categories, our organizational health is at risk.

**Psychological Safety:**

Is the organizational value that prioritizes mutuality and understanding in a conversation between two or more people. This is a gateway for collaboration.

**Resonance:**

Is creating supportive, calm, and balanced environments through language, both verbal and nonverbal. Resonance is a right hemisphere experience.

**Trauma:**

The essence of being too alone.

[BACK](#)

---