

# Highfield Schools

# Staff CPD Menu

# Updated Summer 2023

Continuing professional development is held in high regard at Highfield Schools as we are passionate about developing our staff’s skills and knowledge to support our learners effectively. We haven’t had a chance to try out all of the courses, and everyone is at a different stage in their professional journey so we will be relying on you to choose what is most relevant to you in your role at Highfield and what is identified within your performance management meetings. There is a reading list included as well. Don’t forget reading, shadowing colleagues and joint working are all good examples of training and development – it doesn’t have to be a named course!

Your class teacher or department lead may ask you to focus on certain courses, or source new ones for you. You can also find your own, there are lots around! If you do find something that you think others should be aware of, please email details to your Department Leader and we will circulate.

* Most of the courses are free (but many will charge if we want a certificate). We don’t have a budget for this but if

you do get a free certificate then please print it out and hand to Pippa at HEA, and Lyn at HLA

* At each Highfield School we will be asking staff to complete a form outlining the learning they have taken part in, the impact it has had and how this can be shared with others. The links are found on the schools respective websites.

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| **Title of course** | **Link** | **Course Info** |
| **SEND** | | |
| Free online talks linked to a range of topics related to SEND | <https://nasen.org.uk/news/twilight-talks> | Nasen’s bank of online resources offer a more flexible way of learning and are developed by their in-house education experts. There is a host of documents available, including podcasts and case  studies. 0-25 years |
| Free mini guides related to different topics | <https://nasen.org.uk/resources/send-code-practice-0-25-years> | Nasen mini guides are available on a range of topics within the sector and span across the 0-25 age range. All mini  guides are free to download. |
| Future learn courses – for example   * Discover computing activities to support and engage students with SEND * Good practice in Autism education * Caring for Vulnerable Children * Young people and their mental health * An introduction to teaching vocabulary * Exploring Play – the importance of play in everyday life * Education for All: Disability, Diversity and Inclusion | https:[//w](http://www.futurelearn.com/courses)ww[.futurelearn.com/courses](http://www.futurelearn.com/courses) | Future Learn partners with top international universities and specialist organisations to offer online courses and degrees. There are courses in a diverse range of subjects which vary in length. Most are six to ten weeks long but we also have some shorter two and three week courses.  Many of these courses are free and you can invite a friend or colleague to take part with you? You do this via email and social media when you join. |
| Open university – Multiple courses. | <https://www.open.edu/openlearn/free-courses> | Subject specific courses as well as (gives hours of learning as a guide also) |

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| SEND – CFEY Podcasts | <https://cfey.org/podcast/> | This suite of podcasts has been created in collaboration with Centre for Education and Youth (CfEY), and many other experts within the sector. |
| **Communication and Interaction** | | |
| Understanding autism | <https://www.open.edu/openlearn/science-maths-technology/understanding-autism/content-section-overview?active-tab=description-tab> | Introduces the autism spectrum, how it is experienced by different individuals and families, and why it is a global concern. The course explains how ideas about autism have evolved and explores diagnosis, causes, intervention and life-span development. Widely varying perspectives on autism are illustrated and key societal  and cross-cultural issues highlighted. |
| Speech, Language & Communication  **\*See also ‘Speech, Language and Communication Needs’ below** | <https://speechandlanguage.org.uk/talking-point/for-professionals/the-communication-trust/> | An introduction to speech, language and communication. Focuses on children and young people’s speech, language and communication development. It looks at how you can support the development of these skills on a day-to-day basis in your setting, and how to spot children and young people who might be struggling to develop these important  skills. |
| Autism, Asperger’s and ADHD | <https://www.derby.ac.uk/short-courses-cpd/online/free-courses/understanding-autism-aspergers-and-adhd/> |  |

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| **SEMH** | | |
| Autism & ADHD | https:[//w](http://www.derby.ac.uk/short-courses-)ww[.derby.ac.uk/short-courses-](http://www.derby.ac.uk/short-courses-) cpd/online/free-courses/understanding-autism- aspergers-and-adhd/ | This short online course will encourage you to challenge your own definitions and perceptions of autism and ADHD. You will get an opportunity to examine several key themes around both autism and ADHD in order to obtain skills to help people with  these conditions. |
| Understanding ADHD: Current Research and Practice | [https://www.futurelearn.com/courses/understandin](https://www.futurelearn.com/courses/understanding-adhd) [g-adhd](https://www.futurelearn.com/courses/understanding-adhd) | Learn about attention deficit hyperactivity disorder (ADHD) including ADHD symptoms, the latest research and ADHD treatment. |
| Teaching Students Who Have Suffered Complex Trauma | <https://www.mooc-list.com/course/teaching-students-who-have-suffered-complex-trauma-futurelearn#:~:text=Learn%20how%20to%20support%20students%20who%20have%20experienced,to%20respond%20appropriately%20using%20trauma-informed%20practices%20and%20policies.> | Teaching Students Who Have Suffered Complex Trauma from Queensland University of Technology is a free course that takes approximately two hours  During this child trauma training, you’ll get an introduction to what complex trauma is and how it affects young people’s development at school.  You’ll understand the neuroscience behind the behaviours presented by students who have experienced complex trauma.  You’ll learn how to apply trauma-informed strategies and policies that will minimise the risk to students and school staff. |
| Attachment in the early years | <https://www.open.edu/openlearn/education-development/early-years/attachment-the-early-years/content-section-0?active-tab=description-tab> | Covers theory and research in the area of attachment in early childhood. |
| Transforming Education in Challenging Environments | <https://www.futurelearn.com/courses/transforming-education> | Discover practical ways teachers can transform the education of children and  young people living in conflict-affected contexts. |
| Adverse Childhood Experiences (ACES) | <https://www.cdc.gov/violenceprevention/aces/index.html>  <https://www.acesonlinelearning.com/>  [https://www.youtube.com/watch?v=YiMjTzCnbNQ](https://www.youtube.com/watch?v=YiMjTzCnbNQÂ ) | * An Introduction to ACEs * Brain Development in the Early Years * The Impact of Childhood Adversity * Social, Health and Community Impacts of ACEs Early Trauma * Protective Factors * Looking at ACEs Through a Trauma Informed Lens * Building Resilience |
| ADHD | <https://www.adhdfoundation.org.uk/services-for-families/> | Resources and information for families and education. |
| Behaviour – Managing behaviour for learning | <https://www.classcentral.com/course/managing-behaviour-for-learning-6272> |  |
| Counselling | <https://courses.independent.co.uk/training/the-skills-network/level-2-certificate-in-counselling-skills-free-online-course-483205> | Level 2 introduction to counselling |
| Youth Mental Health | <https://www.futurelearn.com/courses/youth-mental-health> | How to manage and understand mental health in youths |
| Beacon House | <https://beaconhouse.org.uk/training/> | Specialist therapeutic advice and support for learners who have experienced early trauma.   * Self esteem * Self harm * Developmental trauma * How to support a dysregulated child |

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| **Sensory and Physical** | | |
| Sensory YouTube channel | <https://www.youtube.com/channel/UCvzmFMTrgauEaERHI8p6PMw> | Sensory ideas / music sessions / activities / resources / theories of development and practice |
| PMLD / SLD / CLDD | [www.complexneeds.org.uk](http://www.complexneeds.org.uk/) |  |
| Occupational Therapy videos | Helping your child with motor and coordination difficulties -  [Coordination and motor skills - online learning](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/coordination-and-motor-skills---online-learning) [(cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/coordination-and-motor-skills---online-learning)  Helping your child with sensory difficulties - [Sensory differences - online learning](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/sensory-differences---online-learning) [(cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/sensory-differences---online-learning)  Self help skills - [Looking after yourself](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/looking-after-yourself) [(cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/looking-after-yourself)  Drawing, writing, scissors and hand skills - [Drawing,](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/paper-pencil-and-scissor-skills) [writing, scissors and hand skills](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/paper-pencil-and-scissor-skills) [(cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/paper-pencil-and-scissor-skills)  Sensory differences - [Sensory differences - onlinelearning (cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/sensory-differences---online-learning)  Co-ordination and motor skills - [Coordination and](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/coordination-and-motor-skills---online-learning) [motor skills - online learning](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/coordination-and-motor-skills---online-learning) [(cambscommunityservices.nhs.uk)](https://www.cambscommunityservices.nhs.uk/cambridgeshire-children%27s-occupational-therapy/coordination-and-motor-skills---online-learning) | Featuring at least one familiar face! |
| Locala | <https://www.locala.org.uk/services/sensory-occupational-therapy-service/talking-sense-training> | Training in different sensory needs over a range of topics – clothes, food, sleep, understanding the senses |

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| **Safeguarding** | | |
| Bullying | <https://anti-bullyingalliance.org.uk/tools-information/free-cpd-online-training> | What is bullying and how to manage it in different contexts. |
| **Medical** | | |
| **PLEASE NOTE: We are offering the opportunity to refresh your own knowledge and confidence in the following areas. This is NOT for training or re-retraining purposes, but just a chance for you to refresh. Training will still need to be completed in line with the training schedule.** | | |
| Medication awareness session / Medication Management | <https://vimeo.com/431723929/2440208468> - |  |
| Asthma | [https://www.supportingchildrenshealth.org](https://www.supportingchildrenshealth.org/)  <https://vimeo.com/431727914/9f9d117ee2> - Inhaler demonstration |  |
| Anaphylaxis | <https://www.allergywise.org.uk/course-login/>  <https://vimeo.com/431727111/b28d59b909> - Adrenaline auto injector demonstration |  |
| Epilepsy | [https://learn.epilepsy.org.uk/courses/epilepsy-for-](https://learn.epilepsy.org.uk/courses/epilepsy-for-school-staff/) [school-staff/](https://learn.epilepsy.org.uk/courses/epilepsy-for-school-staff/)  <https://vimeo.com/431725846/0aa0238fb0> - Buccal midazolam administration demonstration |  |
| Gastrostomy | <https://vimeo.com/415461790/5a226ad7e6> |  |

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| **Assessment and Adaptive Teaching** | | | | |
| Assessment for Learning | <https://www.cambridge-community.org.uk/professional-development/gswafl/index.html> | | | Assessment for learning processes, benefits and the use of questioning in the classroom. |
| Adaptive Teaching | <https://thirdspacelearning.com/blog/adaptive-teaching/> | | | Useful information and video’s to illustrate how to differentiate and adapt learning for different needs. |
| **English as an Additional Language** | | | | |
| The Bell Foundation – EAL Support | | <https://www.bell-foundation.org.uk/eal-programme/> | Free online webinars to develop skills in supporting learners with EAL. | |
| EAL Hub | | <https://www.ealhub.co.uk/free-training/> | Vocabulary, additional needs and scaffolding for learners with EAL. | |

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| **Skills & Subject** | | |
| IT and Computing | [https://theictservice.org.uk/services-](https://theictservice.org.uk/services-solutions/training/) [solutions/training/](https://theictservice.org.uk/services-solutions/training/) | The ICT service are providing webinars to help teachers develop their awareness of the following:  Gsuite, Purple Mash, Seesaw and using  iPads to create video content. |
| ICT Skills | [https://nationalcareers.service.gov.uk/find-a-](https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit) [course/the-skills-toolkit](https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit) |  |
| Teaching Phonics in Early Childhood | <https://www.futurelearn.com/courses/teaching-phonics> | Learn what phonics is and how to teach it in the early years |
| Encouraging book talk in the school library | <https://www.open.edu/openlearn/education-development/encouraging-book-talk-the-school-library/content-section-0?active-tab=description-tab> | Encouraging book talk in the school library, offers ideas and activities to engage pupils in discussing books. |
| Exploring books for children: words and pictures | <https://www.open.edu/openlearn/history-the-arts/exploring-books-children-words-and-pictures/content-section-0?active-tab=description-tab> | Exploring books for children: words and pictures, you will learn how children’s books use words and pictures together in remarkably sophisticated ways to communicate both to young and older readers, drawing on examples from the  classics |

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| **Condition Specific Training** | | |
| ADHD | [https://www.adhdfoundation.org.uk/wp-](https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Teaching-and-Managing-Students_FINAL.pdf) [content/uploads/2019/01/Teaching-and-Managing-](https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Teaching-and-Managing-Students_FINAL.pdf) [Students\_FINAL.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2019/01/Teaching-and-Managing-Students_FINAL.pdf)  [https://www.futurelearn.com/courses/understandin](https://www.futurelearn.com/courses/understanding-adhd) [g-adhd](https://www.futurelearn.com/courses/understanding-adhd) | What is ADHD and how can I help children in the classroom? |
| Autism | <https://www.futurelearn.com/subjects/psychology-and-mental-health-courses/autism>  <https://www.youtube.com/watch?v=Lk4qs8jGN4U>  [https://www.autismeducationtrust.org.uk/shop/goo](https://www.autismeducationtrust.org.uk/shop/good-autism-practice-resources/) [d-autism-practice-resources/](https://www.autismeducationtrust.org.uk/shop/good-autism-practice-resources/) | What is autism and how can I help children in the classroom? |

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| Speech, Language and Communication Needs | <https://www.afasic.org.uk/slcn/>  <https://www.slcframework.org.uk/activities/> | What are speech, language and communication difficulties and how can I help children in the classroom?  A guide to communication needs, creating communication friendly spaces. Speech and language approaches and how to support learners. |
| Dyslexia | <https://www.youtube.com/watch?v=11r7CFlK2sc>  <https://www.youtube.com/watch?v=zafiGBrFkRM>  <https://www.youtube.com/watch?v=yX_IIfDL588> | What is Dyslexia and how can I help children in the classroom? |
| Sensory Processing Difficulties | What is SPD https:[//w](http://www.youtube.com/watch?v=rdXRcikIcd4)ww[.youtube.com/watch?v=rdXRcikIcd4](http://www.youtube.com/watch?v=rdXRcikIcd4)  Things to know about supporting sensory needs in the classroom  <https://www.youtube.com/watch?v=eaPdUWPEP8o> | What is sensory processing difficulty and how can I help children in the classroom? |
| Working Memory | <https://www.youtube.com/watch?v=mT0NLihOK30> <http://serious-science.org/working-memory-7982> | Prof Alan Baddeley (a world-renowned expert) talks about the development of his working memory model and the role of the central executive |

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| **Child Development** | | |
| Exploring children's learning: | <https://www.pacey.org.uk/Pacey/media/Website-files/PACEY%20member%20practice%20guides%20(PDFs)/PG28-Theories-of-child-development.pdf> | Four theories of child development are explored. Each theory views child development from a different perspective and all have underpinned psychological research for many years, and continue to do  so today. |
| Engagement model | <https://www.youtube.com/watch?v=Md2jC3FAhy8> | The first in a short series of videos explaining the Engagement Model, relating to pupils in the early years of development |
| **Reflective Practice** | | |
| Learning to teach: becoming a reflective practitioner | <https://www.open.edu/openlearn/education-development/learning-teach-becoming-reflective-practitioner/content-section-0?active-tab=description-tab> | Critical reflection is crucial to becoming a successful teacher. Becoming a reflective practitioner, explains what is meant by reflective practice and how to ensure that reflection leads to learning. This course  explores the different models of critical reflection, knowledge of which will help you to structure your practice and evaluate whether you are reflecting and therefore  learning effectively. |

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| **Parents / Carers** | | |
| Parents as partners | <https://www.open.edu/openlearn/education-development/learning-teach-becoming-reflective-practitioner/content-section-0?active-tab=description-tab> | We look at the notion of parents as partners. We identify a cluster of reasons why partnership is considered important - for children, parents and practitioners - and give examples of ways in which it can be interpreted in practice. We also outline a conceptual framework to accommodate the possible range of parental involvement and  partnership practice |
| **Other training opportunities** | | |
| MOOCS | The full list of courses available is here <https://www.my-mooc.com/en/> | Many universities around the world offering their courses online for free (or at-least partially free). These courses are collectively called as MOOCS or Massive Open Online Courses. Most of these are  completely self-paced, so you can start taking them at your convenience. |
| Open University | <http://www.open.ac.uk/> | A large selection of free online courses All you have to do is create an account (completely free) and then choose your courses. There is no limit to what courses you can do. You get a certificate of participation at the end so it’s not a full qualification but all works towards gaining more knowledge. |
| A range of courses available to Unison Members and links to courses available to everyone – very comprehensive. | [https://learning.unison.org.uk/coronavirus-learning-](https://learning.unison.org.uk/coronavirus-learning-for-unison-members-and-activists#onlinemember) [for-unison-members-and-activists#onlinemember](https://learning.unison.org.uk/coronavirus-learning-for-unison-members-and-activists#onlinemember) |  |

# Reading List

Below is a list of engaging titles to add to your reading rotation. They are categorised according to subject. There is intentionally a broad range of texts – from condition specific information texts, to fictional depictions to self-help books. Once you have read a title, please let your line manager know. Also if there is a particular book that had a significant impact on you, please do send an email to all staff recommending it.

Enjoy.

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| **Autism** | | | | |
| Title | Author | Description | Amazon Link | Audible Link |
| The Reason I Jump: one boy's voice from the silence of autism. | Naoki Higashida | Written by Naoki Higashida when he was only thirteen, this remarkable book provides a rare insight into the often  baffling behaviour of autistic children. | [The Reason I Jump](https://www.amazon.co.uk/Reason-Jump-voice-silence-autism/dp/1444776770/ref%3Dsr_1_1?adgrpid=58661823292&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxPAQoG53BAZqzrJuBMikXVvVCjRs-50Cj6kUCDpKs0oBHVOjVyu1dgaAl-UEALw_wcB&hvadid=259038537813&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=12179031579568097994&hvtargid=kwd-300114687720&hydadcr=28152_1724844&keywords=the%2Breason%2Bi%2Bjump&qid=1610442660&quartzVehicle=77-976&replacementKeywords=the%2Breason%2Bjump&sr=8-1&tag=googhydr-21) | [The Reason I Jump](https://www.audible.co.uk/pd/The-Reason-I-Jump-Audiobook/B00DQ9Z2H8?qid=1610443133&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=4192XTTWB8YE90N5GH35) |
| Fall Down Seven Times, Get Up Eight: A young man’s voice from the silence of autism | Naoki Higashida | An illuminating insight into autism from his perspective as a young adult. In concise, engaging pieces, he shares his thoughts and feelings on a broad menu of topics ranging from school experiences to family relationships, the exhilaration of travel to the difficulties of  speech | [Fall Down Seven](https://www.amazon.co.uk/Fall-Down-Seven-Times-Eight/dp/1444799088) [Times, Get Up Eight](https://www.amazon.co.uk/Fall-Down-Seven-Times-Eight/dp/1444799088) | [Fall Down Seven](https://www.audible.co.uk/pd/Fall-Down-Seven-Times-Get-Up-Eight-Audiobook/B06XY6JSJH?qid=1610443583&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=30G4G8RTXQ9Z24J84H69) [Times, Get Up Eight](https://www.audible.co.uk/pd/Fall-Down-Seven-Times-Get-Up-Eight-Audiobook/B06XY6JSJH?qid=1610443583&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=30G4G8RTXQ9Z24J84H69) |

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| Can you see me? | Libby Scott | With diary entries written by eleven- year-old Libby Scott, based on her own experiences of autism, this pioneering book, written in collaboration with esteemed author Rebecca Westcott, has been widely praised for its realistic portrayal of autism. | [Can you see me?](https://www.amazon.co.uk/Can-You-See-Libby-Scott/dp/1407195670/ref%3Dsr_1_4?adgrpid=49974348941&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxPnOQGaAyF17HIog4mzknl7D54cGSdPeyxYMxPfHW92kmCXoj7qOgcaAs6sEALw_wcB&hvadid=259057765394&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=17127704836150394702&hvtargid=kwd-309352525358&hydadcr=24404_1816062&keywords=books%2Babout%2Bautism&qid=1610446824&sr=8-4&tag=googhydr-21) | [Can you see me?](https://www.audible.co.uk/pd/Can-You-See-Me-Audiobook/1407199315?qid=1610446974&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=08EGTJYRQ5FM3Z4ZYAY9) |
| The Curious Incident of the Dog in the Night-time | Mark Haddon | a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying  journey which will turn his whole world upside down. | [Curious Incident](https://www.amazon.co.uk/Curious-Incident-Dog-Night-time/dp/0099450259) | [Curious Incident](https://www.audible.co.uk/search?keywords=curious%2Bincident%2Bof%2Bthe%2Bdog%2Bin%2Bthe%2Bnight-time&ref=a_pd_Fall-D_t1_header_search) |
| Thinking in Pictures | Temple Grandin | Temple Grandin is a gifted and successful animal scientist, and she is autistic. Here she tells us what it was like  to grow up perceiving the world in an entirely concrete and visual way - somewhat akin to how animals think, she believes - and how it feels now. Through her finely observed understanding of the workings of her mind, she gives us an invaluable insight  into autism and its challenges | [Thinking in Pictures](https://www.amazon.co.uk/Thinking-Pictures-Temple-Grandin/dp/0747585326/ref%3Dsr_1_1?crid=HB96LLVX8V6E&dchild=1&keywords=thinking%2Bin%2Bpictures&qid=1610446368&s=books&sprefix=thinking%2Bin%2Bp%2Cstripbooks%2C151&sr=1-1) | [Thinking in Pictures](https://www.audible.co.uk/search?keywords=temple%2Bgrandin&ref=a_search_t1_header_search) |

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| The Autistic Brain: Thinking Across The Spectrum | Temple Grandin | Temple Grandin reports from the forefront of autism science, bringing her singular perspective to a thrilling journey into the heart of the autism revolution.  Weaving her own experience with remarkable new discoveries, Grandin introduces the neuroimaging advances and genetic research that link brain science to behaviour, even sharing her own brain scan to show us which anomalies might explain common  symptoms. | [The Autistic Brain](https://www.amazon.co.uk/Autistic-Brain-Thinking-Across-Spectrum/dp/0547636458) |  |
| The Pattern Seekers: A New Theory of Human Invention | Simon Baron-Cohen | Why can humans alone invent? In this book, psychologist and world renowned autism expert Simon Baron-Cohen puts forward a bold new theory: because we can identify patterns, specifically if-and- then patterns. And he argues that the genes for this unique ability overlap with  the genes for autism. | [Pattern Seekers](https://www.amazon.co.uk/Pattern-Seekers-Theory-Human-Invention/dp/0241242185/ref%3Dsr_1_1?crid=DVUNYDVVNNXU&dchild=1&keywords=simon%2Bbaron%2Bcohen&qid=1610447252&sprefix=simon%2Bbar%2Caps%2C176&sr=8-1) |  |
| Uniquely Human: A Different Way of Seeing Autism | Dr. Barry M. Prizant Ph.D | Autism is a different way of being human: it offers possibilities and opportunities, not disabilities. By understanding autistic behaviours as  responses based on an individual's experiences and as strategies to cope with a chaotic world, Barry Prizant seeks to enhance a child's abilities, to teach new skills, help individuals build on their strengths and develop coping strategies that could aid the fulfilment of every  child's promise. | [Uniquely Human](https://www.amazon.co.uk/Uniquely-Human-Different-Seeing-Autism/dp/1788164024/ref%3Dsr_1_10?crid=32ZUARRF4L3T7&dchild=1&keywords=autism%2Bbooks%2Bfor%2Bteachers&qid=1610447650&sprefix=autism%2Bbooks%2Caps%2C171&sr=8-10) |  |

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| **Social and Emotional – Mental Health** | | | | |
| Title | Author | Description | Amazon Link | Audible Link |
| The Boy Who Was Raised as a Dog | Bruce D. Parry | What happens when a young child is traumatised? How does terror affect a child's mind-and how can that mind recover? Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: homicide survivors, witnesses to their own parents' murders, children raised in closets and cages, the Branch Davidian children, and victims of extreme neglect and family violence. In The Boy Who Was Raised as a Dog, Dr. Perry tells their  stories of trauma and transformation. | [The Boy Who Was](https://www.amazon.co.uk/Boy-Who-Raised-Psychiatrists-Notebook-What/dp/0465094457/ref%3Dsr_1_1?adgrpid=53364617676&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxOsqVMwWWhud8zH9hjrtvT2EI0nF2iaYWpK-XgzRDlHstmuJX_fErEaAsKuEALw_wcB&hvadid=259090878641&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=4308501594760242067&hvtargid=kwd-299735301279&hydadcr=24459_1816150&keywords=the%2Bboy%2Bwho%2Bwas%2Braised%2Bas%2Ba%2Bdog&qid=1610447962&sr=8-1&tag=googhydr-21) [Raised as a Dog](https://www.amazon.co.uk/Boy-Who-Raised-Psychiatrists-Notebook-What/dp/0465094457/ref%3Dsr_1_1?adgrpid=53364617676&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxOsqVMwWWhud8zH9hjrtvT2EI0nF2iaYWpK-XgzRDlHstmuJX_fErEaAsKuEALw_wcB&hvadid=259090878641&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=4308501594760242067&hvtargid=kwd-299735301279&hydadcr=24459_1816150&keywords=the%2Bboy%2Bwho%2Bwas%2Braised%2Bas%2Ba%2Bdog&qid=1610447962&sr=8-1&tag=googhydr-21) | [The Boy Who Was](https://www.audible.co.uk/pd/The-Boy-Who-Was-Raised-as-a-Dog-Audiobook/B07HJC78P3?qid=1610448196&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=1FXHCX6X0E03GAFQ22JF) [Raised as a Dog](https://www.audible.co.uk/pd/The-Boy-Who-Was-Raised-as-a-Dog-Audiobook/B07HJC78P3?qid=1610448196&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=1FXHCX6X0E03GAFQ22JF) |
| Eleanor Oliphant is Completely Fine | Gail Honeyman | Eleanor Oliphant has learned how to survive - but not how to live  Eleanor Oliphant is happy. Nothing is missing from her carefully timetabled life. Except, sometimes, everything. Now she must learn how to navigate the world that everyone else seems to take for granted - while searching for the  courage to face the dark corners she's avoided all her life. | [Eleanor Oliphant](https://www.amazon.co.uk/Eleanor-Oliphant-Completely-Fine-Bestseller/dp/0008172145/ref%3Dsr_1_1?crid=3KWFATRYJVS2G&dchild=1&keywords=eleanor%2Belephant%2Bbook&qid=1610448227&sprefix=elanor%2B%2Caps%2C166&sr=8-1) | [Eleanor Oliphant](https://www.audible.co.uk/pd/Eleanor-Oliphant-Is-Completely-Fine-Audiobook/B06XCP118Q?qid=1610448455&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=Y5N0F50NKNKSWSQQ4WX3) |

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| Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal | Donna Jackson Nakazawa | Your biography becomes your biology. The emotional trauma we suffer as children not only shapes our emotional lives as adults, but it also affects our physical health, longevity, and overall wellbeing. Scientists now know on a bio- chemical level exactly how parents’ chronic fights, divorce, death in the family, being bullied or hazed, and growing up with a hypercritical, alcoholic, or mentally ill parent can leave permanent, physical “fingerprints” on  our brains. | [Childhood Disrupted](https://www.amazon.co.uk/Childhood-Disrupted-Biography-Becomes-Biology/dp/1476748365/ref%3Dsr_1_6?adgrpid=69658994879&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxOg5iUjDggOIVFYkh5DjgABMNDZXFbErrlwvVAyZ98LQPZGzUyvVvQaAvfUEALw_wcB&hvadid=349259780303&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=445210837483025761&hvtargid=kwd-418573541264&hydadcr=24436_1816130&keywords=it%2Bdidnt%2Bstart%2Bwith%2Byou%2Bbook&qid=1610448667&sr=8-6&tag=googhydr-21) |  |
| The Deepest Well: Healing the Long-Term Effects of Childhood | Dr Nadine Burke Harris | When a young boy walked into Dr Nadine Burke Harris's clinic he looked healthy for a preschooler. But he was seven, and hadn't grown a centimetre since a traumatic event when he was four. At that moment Dr Burke Harris knew that her gut feeling about a connection between childhood stress and future ill health was more than just a hunch – and she began her journey into groundbreaking research with  stunning results. | [The Deepest Well](https://www.amazon.co.uk/Deepest-Well-Long-Term-Childhood-Adversity/dp/1509823964/ref%3Dsr_1_1?adgrpid=50656053542&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxPfqzlRS4Ng7KZjY4QEWq_ASyoyO54I_QfwTBjh7QhoSZpdPnxPntMaAqr0EALw_wcB&hvadid=259065508945&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=15207050459915243687&hvtargid=kwd-308843520900&hydadcr=24402_1748874&keywords=the%2Bdeepest%2Bwell&qid=1610449069&sr=8-1&tag=googhydr-21) | [The Deepest Well](https://www.audible.co.uk/pd/The-Deepest-Well-Audiobook/B077G786CV?qid=1610449224&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=9SX2DC7MYFR2SEYQV24N) |
| The Simple Guide to Attachment Difficulties in Children: What They Are and How to Help | Betsy de Thierry Foreword by Carrie Grant | What are attachment difficulties? · How do they affect children? · How can you help? This book provides clear and concise answers to these important questions - and more. Much more than  just a simple introduction to the subject of attachment, the book is also full of advice and practical ideas you can try | [Guide to Attachment](https://www.amazon.co.uk/Simple-Guide-Attachment-Diff/dp/178592639X/ref%3Dsr_1_1?adgrpid=52716307403&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxOJR-ODv9xV9DFoXB83XgzoV-kz91ZKux9--7WMqXmksfMbi4Z7NwEaAo6CEALw_wcB&hvadid=259067010687&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=17093920560115979610&hvtargid=kwd-308918740311&hydadcr=24432_1816108&keywords=attachment%2Bdisorder%2Bbooks&qid=1610449327&sr=8-1&tag=googhydr-21) [Difficulties](https://www.amazon.co.uk/Simple-Guide-Attachment-Diff/dp/178592639X/ref%3Dsr_1_1?adgrpid=52716307403&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxOJR-ODv9xV9DFoXB83XgzoV-kz91ZKux9--7WMqXmksfMbi4Z7NwEaAo6CEALw_wcB&hvadid=259067010687&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=17093920560115979610&hvtargid=kwd-308918740311&hydadcr=24432_1816108&keywords=attachment%2Bdisorder%2Bbooks&qid=1610449327&sr=8-1&tag=googhydr-21) |  |

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| **Behaviour and Pupil Mind-set** | | | | |
| Title | Author | Description | Amazon Link | Audible Link |
| When the Adults Change, Everything Changes: Seismic shifts in school behaviour | Paul Dix | When the Adults Change, Everything Changes illustrates how, with their traditional sanction- and exclusion-led methods, the punishment brigade are losing the argument. It outlines how each school can build authentic practice on a stable platform, resulting in shifts in daily rules and routines, in how we deal with the angriest learners, in restorative practice and in how we appreciate  positive behaviour. | [When the Adults](https://www.amazon.co.uk/When-Adults-Change-Everything-Changes/dp/1781352739/ref%3Dasc_df_1781352739/?tag=googshopuk-21&linkCode=df0&hvadid=311040647414&hvpos&hvnetw=g&hvrand=2750442483018032043&hvpone&hvptwo&hvqmt&hvdev=c&hvdvcmdl&hvlocint&hvlocphy=9050361&hvtargid=pla-416851176690&psc=1&th=1&psc=1) [Change](https://www.amazon.co.uk/When-Adults-Change-Everything-Changes/dp/1781352739/ref%3Dasc_df_1781352739/?tag=googshopuk-21&linkCode=df0&hvadid=311040647414&hvpos&hvnetw=g&hvrand=2750442483018032043&hvpone&hvptwo&hvqmt&hvdev=c&hvdvcmdl&hvlocint&hvlocphy=9050361&hvtargid=pla-416851176690&psc=1&th=1&psc=1) | [When the Adults](https://www.audible.co.uk/pd/When-the-Adults-Change-Everything-Changes-Audiobook/B07RQ9RCV1?qid=1610522307&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=HG7B09FJW7RTP8KCRVTC) [Change](https://www.audible.co.uk/pd/When-the-Adults-Change-Everything-Changes-Audiobook/B07RQ9RCV1?qid=1610522307&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=HG7B09FJW7RTP8KCRVTC) |
| The Whole-Brain Child: 12 Proven Strategies to Nurture Your Childs Developing Mind | Dr Tina Payne Bryson, Dr. Daniel Siegel | Neuroscientist Daniel J. Siegel and parenting expert Tina Payne Bryson explain the new science of how a child's brain is wired and how it matures.  Different parts of a child's brain develop at different speeds and understanding these differences can help you turn any outburst, argument, or fear into a chance to integrate your child's brain  and raise calmer, happier children. | [The Whole Brain Child](https://www.amazon.co.uk/Whole-Brain-Child-Strategies-Nurture-Developing/dp/1780338376/ref%3Dsr_1_1?adgrpid=54852572098&dchild=1&gclid=Cj0KCQiArvX_BRCyARIsAKsnTxNevLpaff6hBm5gQ0wmuMV4qWC4zni76MscpVsbE8S5AhkwelTP8AYaApg_EALw_wcB&hvadid=259087829723&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=3342726794661668102&hvtargid=kwd-300884705704&hydadcr=28177_1821109&keywords=the%2Bwhole%2Bbrain%2Bchild&qid=1610522564&sr=8-1&tag=googhydr-21) | [The Whole Brain](https://www.audible.co.uk/pd/The-Whole-Brain-Child-Audiobook/1405546247?qid=1610522863&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=0WEWAG2Q49HXX8X2NQG9) [Child](https://www.audible.co.uk/pd/The-Whole-Brain-Child-Audiobook/1405546247?qid=1610522863&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=0WEWAG2Q49HXX8X2NQG9) |
| My Hidden Chimp | Professor Steve Peters | My Hidden Chimp is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. The science behind the habits is  discussed in a practical way with exercises and activities to help children think the habits through and start  putting them into practice. | [My Hidden Chimp](https://www.amazon.co.uk/My-Hidden-Chimp-author-Paradox/dp/1787413713/ref%3Dsr_1_18?crid=3AGTBFJ9OSF2J&dchild=1&keywords=children%2Bbehaviour%2Bbooks&qid=1610522936&sprefix=children%2Bbehav%2Caps%2C164&sr=8-18) |  |

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| Kindness is my Superpower: A children's Book About Empathy, Kindness and Compassion  (Children’s Book) | Alicia Ortego | This charming story with peaceful rhymes and colourful illustrations will explain to the child that it is okay to make a mistake and say I’m sorry. Lucas will teach your child good manners and positive behaviour at home, at school, in  the store, and on the playground. | [Kindness is my](https://www.amazon.co.uk/Kindness-Superpower-childrens-Empathy-Compassion/dp/B08DSTHKQB/ref%3Dsr_1_19?crid=3AGTBFJ9OSF2J&dchild=1&keywords=children%2Bbehaviour%2Bbooks&qid=1610523315&sprefix=children%2Bbehav%2Caps%2C164&sr=8-19) [Superpower](https://www.amazon.co.uk/Kindness-Superpower-childrens-Empathy-Compassion/dp/B08DSTHKQB/ref%3Dsr_1_19?crid=3AGTBFJ9OSF2J&dchild=1&keywords=children%2Bbehaviour%2Bbooks&qid=1610523315&sprefix=children%2Bbehav%2Caps%2C164&sr=8-19) |  |
| How to Develop Growth Mindsets in the Classroom: The Complete Guide | Mike Gershon | How can we help our students become more resilient, more determined and happier to embrace challenges? What can we do to change how they think about mistakes? And how can we help them appreciate that targeted effort is  the number one path to mastery? | [Growth Mindset](https://www.amazon.co.uk/How-Develop-Growth-Mindsets-Classroom-ebook/dp/B01HMZ2U5I/ref%3Dsr_1_9?dchild=1&keywords=growth%2Bmindset&qid=1610524609&sr=8-9) |  |

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| **SEN and Disability** | | | | |
| Title | Author | Description | Amazon Link | Audible Link |
| Engaging Learners with | Barry Carpenter | This book provides school practitioners |  |  |
| Complex Learning |  | and leaders with an approach and | [Engaging Learners](https://www.amazon.co.uk/Engaging-Learners-Learning-Difficulties-Disabilities/dp/0415812747/ref%3Dsr_1_4?dchild=1&keywords=Disability%2Bbooks&qid=1610524921&sr=8-4) |
| Difficulties and Disabilities: |  | resources to engage this often |  |
| A resource book for |  | disenfranchised group of children in |  |
| teachers and teaching |  | learning. The Engagement for Learning |  |
| assistants |  | Framework has been developed and |  |
|  |  | trialled by over 100 educational settings |  |
|  |  | (both special and mainstream) with |  |
|  |  | learners from early years to post-16. It |  |
|  |  | gives practitioners from a range of |  |
|  |  | disciplines a shared means of assessing, |  |
|  |  | recording and developing personalized learning pathways and demonstrating  progression for these children. |  |

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| Eye Can Write: A memoir of  a child’s silent soul emerging | Jonathan Bryan | Jonathan Bryan has severe cerebral palsy, a condition that makes him incapable of voluntary movement or speech. He was locked inside his own mind, aware of the outside world but unable to fully communicate with it until he found a way by using his eyes to laboriously choose individual letters, and  through this make his thoughts known. | [Eye Can Write](https://www.amazon.co.uk/Eye-Can-Write-memoir-emerging/dp/1911600788) |  |
| Ghost Boy: The Miraculous Escape of a Misdiagnosed Boy Trapped Inside His Own Body | Martin Pistorius | Martin was mute and wheelchair-bound, being cared for at centres for severely disabled children. What no-one knew is that while Martin's body remained unresponsive, his mind slowly woke up, yet he could tell no-one, a prisoner inside his own body. During this time, he suffered abuse of a kind that is barely imaginable, yet still he kept the spirit of hope alive. It wasn't until he was twenty- three that a gentle therapist realised he was alert to everything and, along with his parents, assisted his road to recovery. Since then, against all odds, he has fallen in love, married, and now runs  a thriving web design business | [Ghost Boy](https://www.amazon.co.uk/Ghost-Boy-Martin-Pistorius/dp/147115100X/ref%3Dpd_bxgy_img_2/257-7077202-1484641?_encoding=UTF8&pd_rd_i=147115100X&pd_rd_r=1e940935-a28f-44c9-ae33-2842534dbaa7&pd_rd_w=GAqtm&pd_rd_wg=XTVDS&pf_rd_p=dcf35746-0212-418b-a148-30395d107b2d&pf_rd_r=4VD5EFMBNYRYBJF5ZX55&psc=1&refRID=4VD5EFMBNYRYBJF5ZX55) |  |
| Enabling Access: Effective Teaching and Learning for Pupils with Learning Difficulties | Barry Carpenter | Along with a new appraisal of the contents from the editors, the contributors raise debates, illustrate effective teaching ideas and discuss strategies for providing a high-quality  education for these pupils and a | [Enabling Access](https://www.amazon.co.uk/Enabling-Access-Routledge-Education-Classic/dp/1138297151/ref%3Dsr_1_2?crid=3RABK8W95H049&dchild=1&keywords=barry%2Bcarpenter&qid=1610526008&sprefix=barry%2Bcar%2Caps%2C154&sr=8-2) |  |

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|  |  | celebration of their achievements. The book also discusses the active involvement of family members and the learners themselves in these processes and considers issues surrounding empowerment of learners, professional development of the workforce and curriculum principles such as differentiation, personalisation, and  engagement. |  |  |
| Haben: The Deafblind Woman Who Conquered Harvard Law | Haban Girma | Haben defines disability as an opportunity for innovation. She learned non-visual techniques for everything from dancing salsa to handling an electric saw. She developed a text-to- braille communication system that created an exciting new way to connect with people. Haben pioneered her way through obstacles, graduated from Harvard Law, and now uses her talents  to advocate for people with disabilities. | [Haben](https://www.amazon.co.uk/Haben-Deafblind-Woman-Conquered-Harvard/dp/1538728729/ref%3Dsr_1_1?dchild=1&keywords=haben&qid=1610526306&sr=8-1) | [Haben](https://www.audible.co.uk/pd/Haben-Audiobook/1478992816?qid=1610526438&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=AFBFGS1QC7JQJKDE7MSF) |
| Laughing at My Nightmare | Shane Burcaw | With acerbic wit and a hilarious voice, Shane Burcaw describes the challenges he faces as a twenty-one-year- old with spinal muscular atrophy. From awkward handshakes to having a girlfriend and everything in between, Shane handles his situation with humour and a "you-  only-live-once" perspective on life. | [Laughing at my](https://www.amazon.co.uk/Laughing-at-Nightmare-Shane-Burcaw/dp/125008010X/ref%3Dsr_1_1?crid=24DNN1W9SHNWE&dchild=1&keywords=laughing%2Bat%2Bmy%2Bnightmare&qid=1610526490&sprefix=laughing%2Bat%2Bmy%2Bn%2Caps%2C148&sr=8-1) [Nightmare](https://www.amazon.co.uk/Laughing-at-Nightmare-Shane-Burcaw/dp/125008010X/ref%3Dsr_1_1?crid=24DNN1W9SHNWE&dchild=1&keywords=laughing%2Bat%2Bmy%2Bnightmare&qid=1610526490&sprefix=laughing%2Bat%2Bmy%2Bn%2Caps%2C148&sr=8-1) | [Laughing at my](https://www.audible.co.uk/pd/Laughing-at-My-Nightmare-Audiobook/B00OGP8SKE?qid=1610526657&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=QKMCCTVHPD77RAA3HAHE) [Nightmare](https://www.audible.co.uk/pd/Laughing-at-My-Nightmare-Audiobook/B00OGP8SKE?qid=1610526657&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=QKMCCTVHPD77RAA3HAHE) |

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| **Self Help and Personal Development** | | | | |
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| The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness | Prof Steve Peters | *The Chimp Paradox* is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person.  Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life so you can:   * Recognise how your mind is working * Understand and manage your emotions and thoughts * Manage yourself and become the   person you would like to be | [Chimp Paradox](https://www.amazon.co.uk/Chimp-Paradox-Management-Programme-Confidence/dp/009193558X/ref%3Dsr_1_1?crid=2C1T6NEED1U5I&dchild=1&keywords=the%2Bchimp%2Bparadox&qid=1610526975&sprefix=the%2Bchim%2Caps%2C160&sr=8-1) | [Chimp Paradox](https://www.audible.co.uk/pd/The-Chimp-Paradox-Audiobook/B006VE4P6E?qid=1610527311&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=22GTMVABA2CG6732GKSP) |
| Black Box Thinking: Marginal Gains and the Secrets of High Performance | Matthew Syed | Drawing on a dizzying array of case studies and real-world examples, together with cutting-edge research on marginal gains, creativity and grit, Matthew Syed tells the inside story of how success really happens - and how we cannot grow unless we are prepared to  learn from our mistakes. | [Black Box Thinking](https://www.amazon.co.uk/Black-Box-Thinking-Performance-Surprising/dp/1473613809/ref%3Dsr_1_1?crid=1DXKTN737SLA7&dchild=1&keywords=black%2Bbox%2Bthinking%2Bby%2Bmatthew%2Bsyed&qid=1610527356&sprefix=black%2Bbox%2Caps%2C165&sr=8-1) | [Black Box Thinking](https://www.audible.co.uk/search?keywords=black%2Bbox%2Bthinking&ref=a_pd_The-Ch_t1_header_search) |
| Eat That Frog!: Get More Of The Important Things Done Today | Brian Tracy | There's an old saying that if the first thing you do each morning is to eat a live frog, you'll have the satisfaction of knowing that it's probably the worst thing you'll do all day. Using 'eat that frog' as a metaphor for tackling the most challenging task of your day - the one you are most likely to procrastinate on, but  also probably the one that can have the greatest positive impact on your life | [Eat that Frog](https://www.amazon.co.uk/Eat-That-Frog-Important-Things/dp/1444765426/ref%3Dsr_1_1?adgrpid=52143018614&dchild=1&gclid=Cj0KCQiA0fr_BRDaARIsAABw4EvBlJsDCVz4v-lT-x2ar1zyvCR0jUFRohHyozQZn2VIyIjzY2T6W38aAi9oEALw_wcB&hvadid=259188881189&hvdev=c&hvlocphy=9050361&hvnetw=g&hvqmt=e&hvrand=17305737045029379089&hvtargid=kwd-295394277340&hydadcr=11859_1766765&keywords=eat%2Bthat%2Bfrog&qid=1610527588&sr=8-1&tag=googhydr-21) | [Eat that Frog](https://www.audible.co.uk/pd/Eat-That-Frog-Audiobook/B08NN412W9?qid=1610527725&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=HP338HEP8N8WZNF3BQW9) |

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| Emotional Intelligence: Why it Can Matter More Than IQ | Daniel Goleman | Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark  people who excel. | [Emotional Intelligence](https://www.amazon.co.uk/Emotional-Intelligence-Matter-More-Than/dp/0747528306) | [Emotional](https://www.audible.co.uk/pd/Emotional-Intelligence-Audiobook/B004FT75IW?qid=1610527909&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=J8SQEVVJFEC6BJF4AFJE) [Intelligence](https://www.audible.co.uk/pd/Emotional-Intelligence-Audiobook/B004FT75IW?qid=1610527909&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=J8SQEVVJFEC6BJF4AFJE) |
| Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead | Brene Brown | In a powerful new vision Dr Brené Brown challenges everything we think we know about vulnerability, and dispels the widely accepted myth that it's a weakness. She argues that, in truth, vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our  lives. | [Daring Greatly](https://www.amazon.co.uk/Daring-Greatly-Courage-Vulnerable-Transforms/dp/0241257409/ref%3Dsr_1_1?crid=38E9FPVQY8SU1&dchild=1&keywords=daring%2Bgreatly&qid=1610529084&sprefix=daring%2Bgrea%2Caps%2C158&sr=8-1) | [Daring](https://www.audible.co.uk/pd/Daring-Greatly-Audiobook/B07CZ272N1?qid=1610529257&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=2GPRWWCGBVKX93F7779E) [Greatly](https://www.audible.co.uk/pd/Daring-Greatly-Audiobook/B07CZ272N1?qid=1610529257&sr=1-1&ref=a_search_c3_lProduct_1_1&pf_rd_p=c6e316b8-14da-418d-8f91-b3cad83c5183&pf_rd_r=2GPRWWCGBVKX93F7779E) |