



Mindfulness and Resilience-Oriented Nano Tools for Leaders

And Other Resources from the Wharton/UPENN Community

[Building Resilience: "Real" Ways to Thrive During Tough Times](#)

By Katherine Klein – Nano Tools for Leaders

Build resilience in yourself and your team to help you bounce back from setbacks or thrive during times of challenge or change.

[Name It to Tame It: Recognizing and Mitigating Burnout](#)

By John D. Kelly – Nano Tools for Leaders

Recognize and reduce the physical and mental effects of burnout.

[The Benefits of Meditation: Better Choices, Better Outcomes](#)

By Sigal Barsade – Nano Tools for Leaders

Sharpen your ability to make better decisions and lead more effectively by practicing mindfulness meditation.

[Confidence When You Need It Most: Five Rituals for Improved Performance](#)

By G. Richard Shell – Nano Tools for Leaders

During challenging times, strengthen your confidence with a performance-enhancing ritual.

[Staying Motivated: Five Renewal Rituals](#)

G. Richard Shell – Nano Tools for Leaders

Boost your success and satisfaction by keeping yourself energized and your motivation level high.

[Marathon Leadership: Pacing Yourself to Get Results](#)

By Greg Shea – Nano Tools for Leaders

Today's pace of change is unrelenting; instead of working "25/8" to keep up, actively control your pace — and that of your team — to get results in what's most important.

[Improve Productivity and Success with Five "Positivity" Habits](#)

By Shawn Achor – Nano Tools for Leaders

Improve your team's productivity and success by retraining your brains to capitalize on positivity.

[Optimize Your Brain for Success: Reducing Excess and Negative Noise](#)

By Shawn Achor – Nano Tools for Leaders

Reduce negative and excess "noise" and focus on creating a positive reality, to attain more positive results in work and life.

[The Contagion We Can Control](#)

by Sigal Barsade – HBR

Reduce negative—and bolster positive—emotional contagion to help yourself and others weather this unpredictable COVID-19 storm.



Happiness, Mindset and Wellness-Oriented Nano Tools for Leaders

And Other Resources from the Wharton/UPENN Community

[Get Happier in Work and Life: The Four-Way View](#)

By Stewart Friedman – Nano Tools for Leaders

Align your focus and attention on what really matters to you, so you can set more meaningful goals, optimize your performance, and increase satisfaction and performance in all areas of your life.

[Be Happier at Work: Finding Meaning in Your Current Role](#)

By Annie McKee – Nano Tools for Leaders

Increase your happiness and engagement at work by aligning your job with your values.

[The Power of Awe: Putting Its Benefits to Work](#)

By Christopher Maxwell – Nano Tools for Leaders

Put the benefits of awe experiences to work for yourself and your team to improve physical and mental health.

[Shifting Mindsets: Questions That Lead to Results](#)

By Marilee Adams – Nano Tools for Leaders

Quickly change the mindset of your team — or yourself — from being “stuck” to finding possibilities and solutions.

[Make Better Decisions Under Uncertainty: Taking Charge of Chance](#)

By B. Cade Massey – Nano Tools for Leaders

Improve your success rate on risky decisions by accepting uncertainty and adapting your decisions to the “logic of chance.”

[Mood and Productivity: Undoing a Bad Start](#)

By Nancy Rothbard – Nano Tools for Leaders

Enhance productivity and performance by acknowledging and resetting negative moods that are brought to work.

[Daily YouTube Resilience Resources](#)

By the UPENN Positive Psychology Community

Video-based tools to help build personal and professional resilience. A new video is added to the library each day.