



CHCI Recommends

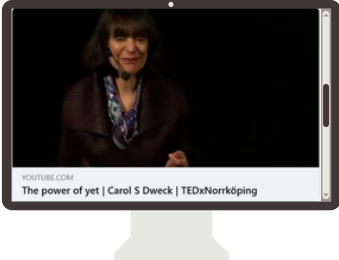
Our Favorite TED Talks and Videos for Career Growth

1.

The Power of Yet

by Carol S Dweck

<https://www.youtube.com/watch?v=J-swZaKN2lc>



A powerful reminder that growth often starts with one word: “yet”. Dweck uses growth mindset to shift from “I can’t do this” to “I can’t do this yet,” building confidence and resilience, which is especially valuable when trying to gain new skills without getting discouraged.

2.

Grit: The Power of Passion & Perseverance

by Angela Lee Duckworth

<https://www.youtube.com/watch?v=H14bBuluwB8>



Duckworth makes a strong case that long-term success is not just about talent; it’s about sticking with what matters. She explores why sustained effort, consistency, and perseverance often matter more than natural ability.

3.

What Makes a Good Life? Lessons from the Longest Study on Happiness

by Robert Waldinger

<https://youtu.be/8KkKuTCFvzI?si=5v3gn8o40ZeZnODy>



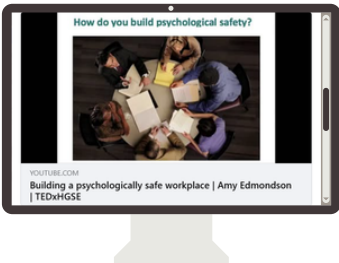
This talk offers one of the most human reminders about career growth: success means little without strong relationships. Waldinger shares lessons from a long-running study on how connection, trust, and meaningful relationships shape happiness & health.

4.

Building a Psychologically Safe Workplace

by Amy Edmondson

<https://www.youtube.com/watch?v=LhoLuui9gX8>



Why do the best teams feel safe to speak up rather than staying quiet and avoiding mistakes? Edmondson highlights the role of trust, candor, and learning in creating stronger workplaces.

5.

Overcome the Fear of Change

by Simon Sinek

<https://www.youtube.com/watch?v=UCJOM8WBe5c>



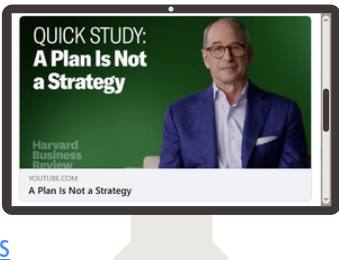
Sinek speaks to something many feel but rarely say out loud: change is hard, even when necessary. Uncertainty is reframed as a part of growth rather than something to avoid. It’s especially relevant when navigating new roles, career shifts, or organizational change.

6.

A Plan is not a Strategy

by Roger Martin

<https://www.youtube.com/watch?v=iuYlGRnC7J8&t=3s>



Roger Martin challenges a mistake made by many professionals and organizations: confusing planning with strategy. He explains that strategy is about making choices, setting direction, and deciding how you will win, not just listing tasks or goals.