

BREAK VIDEOS FOR ORGANIZATIONAL LEARNING THAT ADAPTS TO CHANGE
APRIL 20, 2022

Neuroscience and Learning

https://www.youtube.com/watch?v=vp60MMtJ_30

Dunning-Kruger Effect - Why incompetent people think they're amazing

https://www.youtube.com/watch?v=pOLmD_WVY-E

Neuroscientist: The Secret to Falling Asleep and Waking Up Early

<https://www.youtube.com/watch?v=U-GRp2yAB-E>

Don't Chase Happiness. Become Antifragile

https://www.youtube.com/watch?v=e-or_D-qNqM

10 HR Trends for 2022

<https://www.youtube.com/watch?v=u0cdbesQ0tk&t=4s>

Evolution of Dance

<https://www.youtube.com/watch?v=p-rSdt0aFuW>

Growth Mindset: What it is, How it Works, and Why it Matters

<https://www.youtube.com/watch?v=75GFzikhRY0>

Amy Cuddy: Turning the Power Back On

<https://www.youtube.com/watch?v=bddipT96xvw>

Calm Breath Bubble

<https://www.youtube.com/watch?v=5DqTuWve9t8>