

## Continuous and Never-ending Improvement – Podcasts



No time to read and study leadership techniques? Want a break from a computer screen? Listen to a podcast. There is so much great audio content available free from a vast variety of sources. Podcasts are a great way to capture new learning about a vast range of topics including self-care, communication skills, nutrition, exercise and just about any other topic that may interest you, and it's such a flexible way to learn.

Take advantage of time you have while walking the dog, exercising, or driving.

I've listed some of my favourites here but there are so many to choose from.

- The Leaders Chair
- Tony Robbins
- The Brendon Show – Brendan Burchard
- TED talks



Ted talks are widely known for their influential videos on a myriad of topics under their 'ideas worth sharing' banner and ted podcasts have introduced Tedx shorts, 10 minute short talks and ideas from some of the world's greatest TEDx speakers. 10 minutes a day, everyday!

Whilst leadership is at the core of my articles you will know how important self-care is to me too and there are so many podcasts about self-care. Remember you need to put on your own mask before helping others!

**And remember success requires action so get started**

[Access earlier tips in this series of articles](#)

[1- learning from experience](#) [2- identifying great leaders](#) & [3-choosing peer groups wisely](#)



For more information on CORE leadership skills please visit my website at [www.lynnpeyton.com/core](http://www.lynnpeyton.com/core)