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# AGRI LEADER

## The Leader

Business insights and advice to help you stay ahead of the curve

September 2021

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We've collated a wealth of podcasts, videos and reading materials to inspire and challenge your thinking on business and leadership.

This month, we focus on resilience. Resilience means different things to us all, but it can be defined as the capacity to recover quickly from difficulties.

We often face challenging circumstances, but how can we develop our own resilience so that we can bounce back quickly? Training our 'resilient muscles' not only prepares our minds for any difficult obstacles that might lie ahead but also enables us to recover from challenges more quickly.

Following last month's [Talking Leader session with Holly Beckett](#) exploring meditation, we've handpicked some resources for you to listen to, watch and read to help develop your own resilience.

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### In this edition

- [Talking Leaders: Staying at the top of your mountain](#)
  - [Soaring cost of food is forcing families to scrimp at the dinner table](#)
  - [Leading yourself: To be a great leader, you need to start by leading yourself](#)
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## Talking Leaders: Staying at the top of your mountain

*Talking Leaders* is a bimonthly series of short online events featuring inspirational speakers.

**Our next event is at 11:30am on Thursday 21 October.**

Chemmy Alcott (pictured) is an English former World Cup alpine ski racer and a fiercely determined and courageous sportswoman. As the only British female skier to ever win a run in a World Cup, she is widely regarded as one of Britain's greatest ever skiers.



Having broken 49 bones, Chemmy is no stranger to adversity and remains committed to inspiring the next generation and educating people from all over the world through sport.

Join us to find out what it took for Chemmy to become so successful and how you can apply some of her tips to stay at the top of your game.

[Register for the event on 21 October.](#)

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## Soaring cost of food is forcing families to scrimp at the dinner table

This article from Bloomberg Businessweek looks at the impact of food and fuel inflation on households around the world.

It tells the stories of four families – in Nigeria, Brazil, India, and the USA – spotlighting the kinds of trade-offs middle- and working-class households are having to make to feed themselves.

[Read about the impact of rising food costs on families around the world.](#)

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## Leading yourself: To be a great leader, you need to start by leading yourself

“If you want to succeed, devote some time and energy to self-leadership”, says consultant Lars Sudmann.

In this article, he provides three helpful actions to improve self-leadership so that you can, in turn, become a better leader.

[Find out how you can become a better leader and inspire your team.](#)



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## Leading your team: Insights from 20 years of leading a team

Leading people is more about people than leading. It seems obvious, but sometimes it's worth going back to basics.

In this opinion piece, Paul Venables provides a collection of insights into what he's learnt over the past 20 years about leading teams.

[See whether any of Paul's insights could be applicable to you and your team.](#)



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## Leading your business: Future-proofing your business

This article identifies six practices to consider as you and your business regroup in the post-pandemic world.

From redefining what great looks like to investing in training and staff development.

[What can you apply to future-proof your business?](#)



## Listen, watch, read



### Listen

#### Six podcasts for building mental strength

Here you'll find some useful podcasts that offer insight and advice on how to cultivate a strong mindset.

[Listen to the podcasts](#)



### Watch

#### How failure cultivates resilience

In his research for NASA, clinical psychologist Raphael Rose discovered that failure is key to creating resilience.

In this video, he explains how leaning into setbacks builds the emotional callouses that help us value what's good in life.

[Watch the video](#)



### Read

#### Books for creating mental toughness

This collation of twenty of the best resilience books will help you find your inner strength and develop your mental toughness.

[Read the article](#)

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