

IxDA Sydney Podcast

S02 E10 - Therapy for Designers

Resources and Tools

Resource Type	Title	Description & Link
Website	Therapy For Designers Notion Page	https://therapyfordesigners.notion.site/therapyfordesigners/Therapy-for-Designers-90cfc378911d466693b27b81c3360f40 Therapy for Designers aims to create a space for designers to share their challenges, be heard and learn to build a growth mindset and leadership capabilities as a group.
LinkedIn	Therapy for Designers LinkedIn Page	https://au.linkedin.com/company/therapy-for-designers
Book	Applied Empathy by Michael Ventura	https://www.amazon.com.au/Applied-Empathy-New-Language-Leadership/dp/1501182854 Explores the power of empathy in our personal and professional lives. It offers practical insights and techniques for harnessing empathy to understand others deeply and foster meaningful connections, ultimately leading to more effective communication and problem-solving.
Book	Radical Candor by Kim Scott.	https://www.amazon.com.au/Radical-Candor-Kick-Ass-Without-Humanity/dp/1250103509 Provides a framework for effective leadership and communication in the workplace. It emphasizes the importance of combining caring personally with challenging directly, encouraging open and honest feedback to build strong relationships and drive professional growth.