

Books

- **Reinventing Organizations:** A Guide to Creating Organizations Inspired by the Next Stage in Human Consciousness (Laloux Frederic, 2014. Illustrated Version especially)
- **Lead Together:** The Bold, Brave, Intentional Path to Scaling Your Business (Brent Lowe, Susan Basterfield, Travis Marsh, 2020)
- **Going Horizontal:** Creating a Non-Hierarchical Organization, One Practice at a Time (Samantha Slade, 2018)
- **Nonviolent Communication :** A Language of Life (Marshall B. Rosenberg, 2003)
- **The Speed of Trust:** The One Thing that Changes Everything (Stephen M.R. Covey, 2006)
- **Let My People Go Surfing:** The Education of a Reluctant Businessman (Yvon Chouinard, 2005)
- **The Infinite Game** (Simon Sinek, 2018)

NEXT ON MY LIST

- **Purposehood:** Transform Your Life, Transform the World (Ammar Charani, 2020)

Podcasts

- **Focus on Health** (a podcast dedicated to discussing and bringing to light the fundamental issues surrounding health and wellness in the Food & Beverage industry)
- **The Garnish** (a podcast for restaurant people bringing you stories and advice from restaurateurs, managers, chefs, and everyone else who powers the restaurant industry)

Check out especially
The Garnish [Staff Series!](#)



Tales of the Cocktail 2021

Resources

@Mate Hospitality



Instagrams to follow

- **Behospro** (empowering hospitality leaders to improve the mental health, retention & performance of their teams, their organisations and themselves)
- **Be Inclusive Hospitality** (a not-for-profit organisation with a goal to advance racial equity in hospitality, food & drink)
- **Equal Measure** (a platform aimed at educating the hospitality industry on the importance of Diversity and Inclusion)
- **Focus On Health** (health and wellness resources, programming, & outreach for the hospitality industry)
- **Healthy Hospo** (a not-for-profit organisation with the dream of a healthier, happier hospitality industry)

- **Healthy Pour** (provides educational mental health resources to the food & beverage industry)
- **Mate Hospitality** (advocating for bartenders' self-management, wholeness and purpose, by aiming to consciously develop the hospitality industry to be more mindful and symbiotic.)
- **Measured HR** (provides customizable, HR services, tailored for hospitality, from the perspective of a diverse leader rooted in the industry)
- **Mindful Hospitality Group** (a bar consulting, education and events group that looks to continually help grow the hospitality industry through education, thoughtfulness and craft)
- **Not9to5** (a non-profit global leader in mental health advocacy for the food and beverage sector)



"Authentic abundance does not lie in secured stockpiles of food or cash... but in belonging to a community where we can give those goods to others - and receive them from others when we are in need"

- Parker Palmer

Stay curious!

As with life in general, this list of resources is constantly evolving. Take the advice with a grain of salt, figure out what works for you and your community and reinforce the behaviors and habits you feel important.

I'm also always keen to learn more, so if you would like to share your favorite books, podcasts or movements to follow, I'm all ears [@mate.hospitality](https://www.instagram.com/mate.hospitality)

Cheers !