



## Holiday reads to reboot your leadership

With Autumn upon us, hopefully your thoughts are turning towards getting some downtime to recover and restore before moving onto next year's set of challenges. And wherever you're spending it and whatever you're doing, you may be thinking about your holiday reading. So, to inspire new ideas and help view your leadership challenges with a fresh perspective, we've highlighted a selection from the past few months, of our most popular articles and videos which we think are worth adding to your reading list. And afterwards, we'd love to hear from you on which you enjoyed the most so let us know.

### Leading differently

#### A transformational third way?

It seems daily we face tough choices in both our personal and professional lives where we expend tremendous energy and emotion without necessarily coming to a satisfactory conclusion. Mel Long's article [Navigating Complexity: a problem to be solved or a polarity to be navigated](#) shares how alternative ways forward can be found by exploring the benefits of each end of the pole to find the 'best of both' but she also reflects on what's at stake when our own beliefs can hold us back from imagining new ways.

#### Experimenting not 'experting'

We automatically tend to revert to approaches which have previously worked for us drawing on expertise and past experience. But navigating the current complexity and uncertainty calls for new approaches; such as introducing safe to fail experiments to learn as we go. Mike Vessey's weekly blog on using 'in the moment' team development, is a true example of experimenting rather than reverting to what was done in the past. Follow this at: [Team Experiment - a blog](#) and his second blog at: [Team Experiment Blog post 2](#)

#### Pop-up virtual learning

Back by popular demand sees our most viewed video of the year which is a speedy, zany trailer of the many areas explored in our recent virtual learning series. You can watch this and explore the rest of the series at:

<https://www.youtube.com/watch?v=2oHd6cxUAm4&list=PLv7JV2ICVDWTKv2DdxJHEGzLZw6HAXZV0>



Photo by Tim Wildsmith on [Unsplash](#)

### The 'ins' and 'outs' of Adult Development

At MDV, we talk a lot about the transformative power of Adult Development in helping leaders make sense of their world in more expansive ways. But there are many theorists and much terminology in the field, so we thought it would be useful to curate a few of the best current pieces which we think explain more simply what Adult Development actually is and why it is so needed now. Our current Top Three are:

#### 1. What is Vertical Development?

Currently and more than ever, organisations want leaders who are agile, resilient and comfortable with complexity and uncertainty. This article is a pithy look by Nick Petrie at five key ideas behind Vertical Development and how it differs from traditional leadership development. [What is Vertical Leadership Development](#)

### 2. Leading in complexity

This interview between Vas Narasimhan, CEO of Novartis and his coach Jennifer Garvey Berger, explores the awakening experienced by leaders from realising their growth is actually a 'work in progress' and that how they see the world, can fundamentally change during their 'growth journey'. Jennifer and Vas discuss how leaders need to grow themselves in order to transform the businesses they are leading. Hop onto it at:

<https://www.youtube.com/watch?v=tWFfXjhWAV8&feature=youtu.be>

### 3. Thrive in complexity with capacities you didn't even realise you had

And finally, our own more light-hearted visual interpretation of the role Adult Development plays in developing leaders who are able to evolve beyond their current 'operating' capacity to thrive in complexity and uncertainty rather than be overwhelmed by it. See the series at: [\*Thrive in complexity with capacities you didn't even realise you had\*](#)

We hope you enjoy these suggestions and return after the forthcoming holiday break feeling rebooted and restored. And, to stay up to date with the latest information from us, you can always follow our MDV company page on LinkedIn.

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**MDV**

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