

VGL Forum Resources

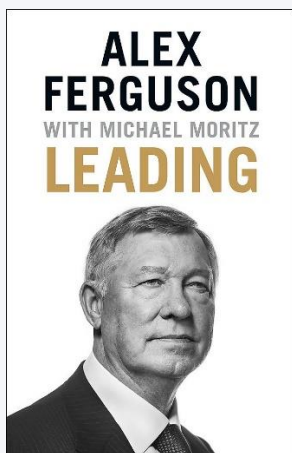
Mental Toughness and Team Spirit

From the [VGL Forum Football and Leadership – A Leader, A Player and a Coach Walk Into A Zoom Meeting](#)
30 June 2021

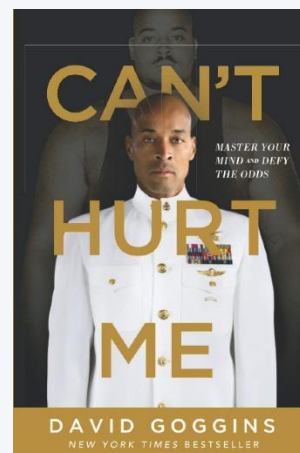
Music

A collaborative [spotify list](#) with energising songs from the football world. Feel free to add your own favourites.

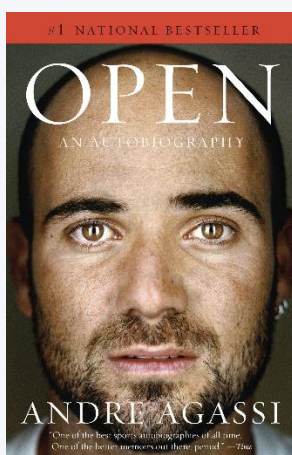
Books



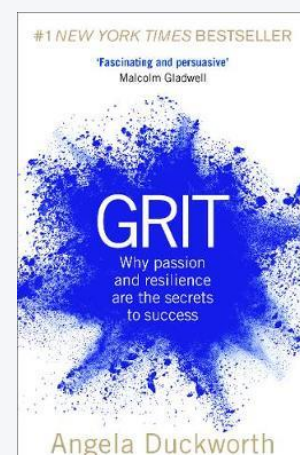
Leading
Alex Ferguson with Michael Moritz



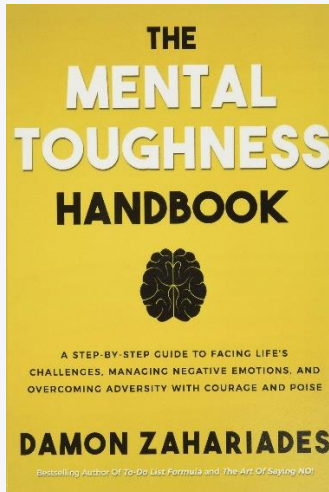
Can't Hurt Me
David Goggins



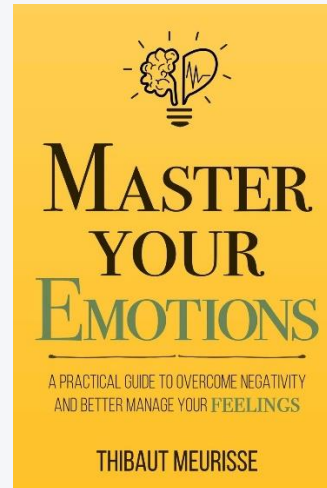
Open – An Autobiography
Andre Agassi



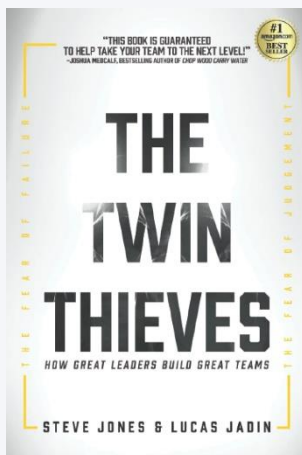
Grit – Why Passion and Resilience Are the Secrets to Success
Angela Duckworth



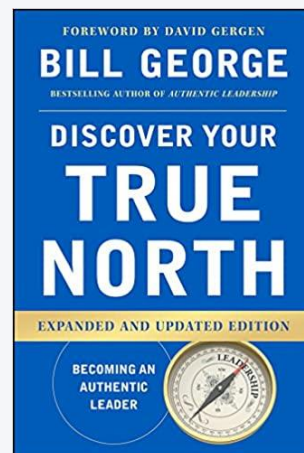
The Mental Toughness Handbook: A Step-By-Step Guide to Facing Life's Challenges, Managing Negative Emotions, and Overcoming Adversity with Courage and Poise
Damon Zahariades



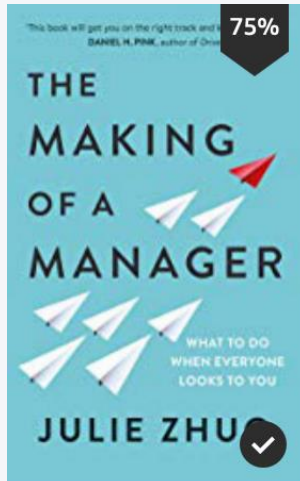
Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings
Thibaut Meurisse



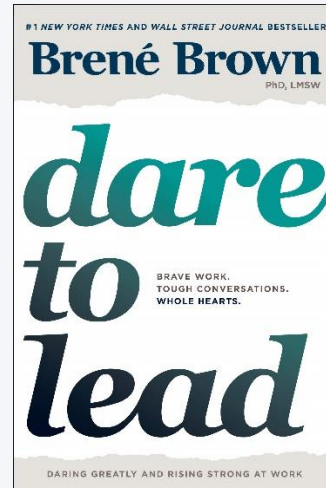
The Twin Thieves – How Great Leaders Build Great Teams
Steve Jones & Lucas Jadin



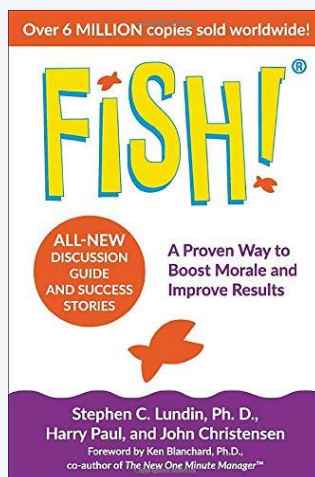
Discover Your True North
Bill George



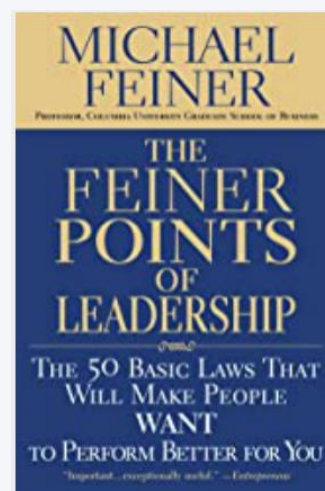
**The Making of a Manager: What to Do
When Everyone Looks to You**
Julie Zhu



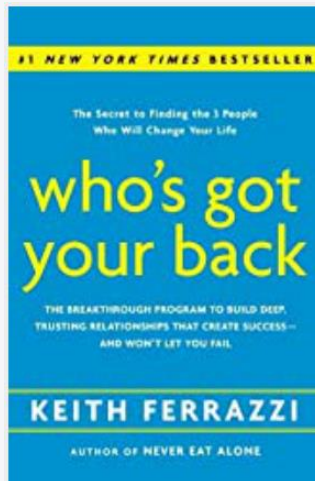
Dare to Lead
Brené Brown



**Fish!: A Proven Way to Boost Morale
and Improve Results**
**Stephen C. Lundin, Harry Paul and John
Christensen**



The Feiner Points of Leadership
Michael Feiner



Who's Got Your Back - The Breakthrough Program to Build Deep, Trusting Relationships That Create Success – and Won't Let You Fail

Keith Ferrazzi

Films

Afghan Girls Can Kick
Bend It Like Beckham (2002)
Pelé: Birth of a Legend (2016)
Montevideo: Taste of a Dream (2010)
The Damned United (2009)
Goal! The Dream Begins (2005)

Find more [here](#)