



TED Talks - We ask that you watch as many of these as possible. They will be updated regularly

TALK	SYNOPSIS	LINK	VALUES EXPLORED
Sophal Ear: Escaping the Khmer Rouge	TED Fellow Sophal Ear shares the compelling story of his family's escape from Cambodia under the rule of the Khmer Rouge. He recounts his mother's cunning and determination to save her children.	https://www.ted.com/talks/sophal_ear_escaping_the_khmer_rouge#t-341586	Determination
Ben Saunders: To the South Pole and Back: The hardest 105 days of my life	This year, explorer Ben Saunders attempted his most ambitious trek yet. He set out to complete Captain Robert Falcon Scott's failed 1912 polar expedition — a four month, 1,800-mile round trip journey from the edge of Antarctica to the South Pole and back. In the first talk given after his adventure, just five weeks after his return, Saunders offers a raw, honest look at this "hubris"-tinged mission that brought him to the most difficult decision of his life.	https://www.ted.com/talks/ben_saunders_to_the_south_pole_and_back_the_hardest_105_days_of_my_life#t-1008334	Ambition and Determination
Diana Nyad: Never, Ever Give Up	In the pitch-black night, stung by jellyfish, choking on saltwater, singing to herself, hallucinating ... Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida -- at age 64. Hear her story.	https://www.ted.com/talks/diana_nyad_never_ever_give_up#t-918954	Ambition, Determination, Perseverance and Resilience
Simon Sinek: How Great Leaders Inspire Action	Simon Sinek has a simple but powerful model for inspirational leadership -- starting with a golden circle and the question: "Why?" His examples include Apple, Martin Luther King Jr. and the Wright brothers ...	https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action#t-1065511	Leadership and Motivation
Tim Urban: Inside the mind of a Master Procrastinator	Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through YouTube binges, Wikipedia rabbit holes and bouts of staring out the window -- and encourages us to think harder about what we're really procrastinating on, before we run out of time.	https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator#t-829623	Ambition, Motivation, Self-Discipline
Andy Puddicombe: All it Takes is 10 Mindful Minutes	When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)	https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes#t-543237	Focus, Reflection



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Megan Phelps-Roper: I grew up in the Westboro Baptist Church. Here's why I left.	What's it like to grow up within a group of people who exult in demonizing ... everyone else? Megan Phelps-Roper shares details of life inside America's most controversial church and describes how conversations on Twitter were key to her decision to leave it. In this extraordinary talk, she shares her personal experience of extreme polarization, along with some sharp ways we can learn to successfully engage across ideological lines.	https://www.ted.com/talks/megan_phelps_roper_i_grew_up_in_the_westboro_baptist_church_here_s_why_i_left#t-283069	Compassion, Integrity, Respect and Tolerance
Ric Elias: 3 things I learned while my plane crashed	Ric Elias had a front-row seat on Flight 1549, the plane that crash-landed in the Hudson River in New York in January 2009. What went through his mind as the doomed plane went down? At TED, he tells his story publicly for the first time.	https://www.ted.com/talks/ric_elias_3_things_i_learned_while_my_plane_crashed#t-271413	Gratitude, Reflection and Wisdom
France Villarta: The gender-fluid history of the Philippines	In much of the world, gender is viewed as binary: man or woman, each assigned characteristics and traits designated by biological sex. But that's not the case everywhere, says France Villarta. In a talk that's part cultural love letter, part history lesson, he details the legacy of gender fluidity and inclusivity in his native Philippines - and emphasizes the universal beauty of all people, regardless of society's labels.	https://www.ted.com/talks/france_villarta_the_gender_fluid_history_of_the_philippines	Community Awareness, Open-mindedness and Tolerance
Ash Beckham: When to take a stand and when to let it go	Ash Beckham recently found herself in a situation that made her ask: who am I? She felt pulled between two roles — as an aunt and as an advocate. Each of us feels this struggle sometimes, she says - and offers bold suggestions for how to stand up for your moral integrity when it isn't convenient.	https://www.ted.com/talks/ash_beacham_when_to_take_a_stand_and_when_to_let_it_go/up-next	Compassion, Integrity, Open-mindedness, and Tolerance