

## 20<sup>th</sup> Anniversary Lecture, 14 November 2019

### ***References and further resources***

#### **Queen Victoria**

Short, sparkling and psychologically alert biography: Jane Ridley, *Victoria: Queen, Matriarch, Empress* (London: Allen Lane/Penguin, 2015)

(The great, full biography: Elizabeth Longford, *Victoria RI* (London: Weidenfeld & Nicolson, 1964/1987)

#### **The Queen's effectiveness**

John Plunkett (2000) "Queen Victoria: the Monarchy and the Media": PhD dissertation, Birkbeck College London; published as a book, John Plunkett: *Queen Victoria: First Media Monarch* (Oxford: Oxford University Press, 2003). (But the detailed data is in the PhD.)

#### **Wealth of data**

Journals of Queen Victoria, freely accessible at <http://www.queenvictoriasjournals.org> (114 vols: 13 originals 1832-37; 13 Esher transcript 1832-40; 111 Beatrice 1837-01; 4 drafts)  
*Letters of Queen Victoria*, ed. Esher / Benson / Buckle, 9 vols 1907-32 (you see her at work: first 3 vols, ed. Esher & Benson, superb.)  
Personal *Letters* to her daughter 'Vicky', ed. Roger Fulford, 5 vols 1964-81 (Vol 1 especially recommended – two very fine, very real women in impassioned conversation.)  
The Queen's own two publications: *Leaves from a Highland Journal* 1868 and 1885 - online on QV journals site as above  
Diaries and letters of 360°: Greville, Ponsonby, Mallet, Antrim, Lyttleton, Reid, Arnold, Gladstone, Disraeli...

#### **Biopsychosocial**

See [https://en.wikipedia.org/wiki/Biopsychosocial\\_model](https://en.wikipedia.org/wiki/Biopsychosocial_model)

#### **Insecure attachment**

[https://en.wikipedia.org/wiki/Attachment\\_theory](https://en.wikipedia.org/wiki/Attachment_theory)

#### **Complicated grief**

The Centre for Complicated Grief (Columbia University, New York):  
<https://complicatedgrief.columbia.edu/for-the-public/complicated-grief-public/overview/>

#### **Burnout**

<https://www.youtube.com/watch?v=bSAGnwf0iAY> and other Sally Maitlis articles/videos

## Female identity in Victorian era

Pat Jalland, *Women, Marriage and Politics 1860 – 1914* (Oxford: Oxford University Press, 1986) for starters. (Pat Jalland is also the expert on Victorian bereavement.) But the superb (and slim) book in this area is K.D. Reynolds, *Aristocratic Women and Political Society in Victorian Britain* (Oxford: Oxford University Press, 1998) – a fine scholarly study of gender, power, and female leadership in the Victorian era, its iron constraints, and how some fortunate women got around them a little; has much of relevance to us.

## The Queen's recovery

The 1997 movie *Mrs Brown* (Judi Dench/ Billy Connolly) is spot on re Brown; William M. Kuhn, *Henry and Mary Ponsonby* (London: Duckworth, 2002) is perceptive on the work and marriage of these two remarkable and unconventional characters; Robert Blake's *Disraeli* (1966; various editions since) is one of the great biographies of all time.

## Implications: Balance

Physical: Carol Kauffman's explanation of PERFECT, including physical:

<https://www.youtube.com/watch?v=NE-V6PG0f3w>.

Matthew Walker, *Why We Sleep* (New York: Simon & Schuster, 2017)

## Implications: Proof

Andromachi Athanasopoulou and Sue Dopson, *Developing Leaders by Executive Coaching: Practice and Evidence* (Oxford: Oxford University Press, 2015)

## Implications: Character

Mary Crossan, Gerard Seijts and Jeffrey Gandz, *Developing Leadership Character* (Abingdon: Routledge, 2016) and YouTube interviews with the several authors.

The LCIA (leadership Insight Character Assessment) psychometric:

<https://www.sigmaassessmentsystems.com/assessments/leadership-character-insight-assessment/>

'20 for 20' Essays: <https://www.meylercampbell.com/20-for-20-Essays-Voices-from-the-Meyler-Campbell-Community.pdf>:

Christine Graeff, "Values, behaviours, and the need for a coaching culture in management – the case for the financial industry";

Kevin Davidson, "A Thinking Environment for Families: Some Lessons from the Trenches"; and (inversely) Richard Hytner, "Coaching Donald Trump".

## Strengths

*The VIA* (American; strengths in overall life), [www.viacharacter.org](http://www.viacharacter.org); *CliftonStrengths*, <https://www.gallup.com/cliftonstrengths>. (American; strengths relevant to work); *Cappfinity Strengths Profile* (European; overall assessment of strengths; weaknesses; learned behaviours; and what energises us) [www.strengthsprofile.com](http://www.strengthsprofile.com).