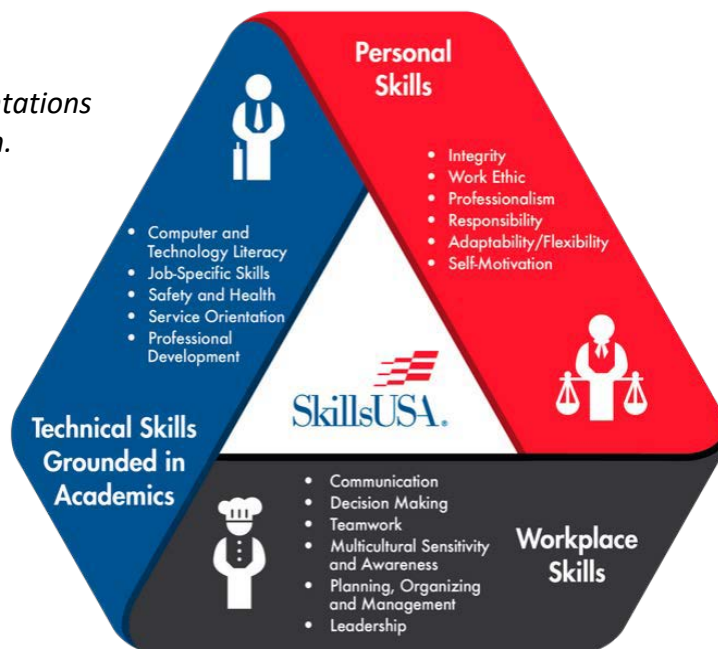


## SkillsUSA Motivational and Essential Skills Lesson Launchers Using TED Talks

As a great lesson launcher, consider using these **Motivational** and **Essential Skills** presentations delivered by industry professionals at TED.com.

The **SkillsUSA framework** illustrates the skills required by industry that students need to achieve career success.

After your students have viewed the **TEDTalk**, ask them to describe how each talk connects to the components and essential elements of the SkillsUSA Framework.



### Week 1

#### **Motivational Monday**

"Everyday Leadership" Drew Dudley (6 minutes)

[https://www.ted.com/talks/drew\\_dudley\\_everyday\\_leadership](https://www.ted.com/talks/drew_dudley_everyday_leadership)

#### **Essential Skills Thursday**

"How to speak so people will want to listen" Julian Treasure (10 minutes)

[https://www.ted.com/talks/julian\\_treasure\\_how\\_to\\_speak\\_so\\_that\\_people\\_want\\_to\\_listen](https://www.ted.com/talks/julian_treasure_how_to_speak_so_that_people_want_to_listen)

### Week 2

#### **Motivational Monday**

"Try something new for 30 days" Matt Cutts (3 minutes)

[https://www.ted.com/talks/matt\\_cutts\\_try\\_something\\_new\\_for\\_30\\_days](https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days)

#### **Essential Skills Thursday**

"When looking for a job highlight your ability not your experience" Jason Shen (7 minutes)

[https://www.ted.com/talks/jason\\_shen\\_looking\\_for\\_a\\_job\\_highlight\\_your\\_ability\\_not\\_your\\_experience](https://www.ted.com/talks/jason_shen_looking_for_a_job_highlight_your_ability_not_your_experience)

### Week 3

#### **Motivational Monday**

"What adults can learn from kids" Adora Svitak (8 minutes)

[https://www.ted.com/talks/adora\\_svitak\\_what\\_adults\\_can\\_learn\\_from\\_kids](https://www.ted.com/talks/adora_svitak_what_adults_can_learn_from_kids)

#### **Essential Skills Thursday**

"Why being respectful to your co-workers is good for business" Christine Porath (15 minutes)

[https://www.ted.com/talks/christine\\_porath\\_why\\_being\\_respectful\\_to\\_your\\_coworkers\\_is\\_good\\_for\\_business](https://www.ted.com/talks/christine_porath_why_being_respectful_to_your_coworkers_is_good_for_business)

## **Week 4**

### **Motivational Monday**

"Skills that pay the bills and redefine success" Peyton Holland(16minutes)

<https://www.youtube.com/watch?v=6OvVlkx69Ys&feature=youtu.be>

### **Essential Skills Thursday**

"5 Ways to Listen Better" Julian Treasure (8 minutes)

[https://www.ted.com/talks/julian\\_treasure\\_5\\_ways\\_to\\_listen\\_better](https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better)

## **Week 5**

### **Motivational Monday**

"How do you define yourself?" Lizzie Velásquez (13 minutes)

[https://www.ted.com/talks/lizzie\\_velasquez\\_how\\_do\\_you\\_define\\_yourself](https://www.ted.com/talks/lizzie_velasquez_how_do_you_define_yourself)

### **Essential Skills Thursday**

"The real reason female entrepreneurs get less funding: Dana Kanze (15 minutes)

[https://www.ted.com/talks/dana\\_kanze\\_the\\_real\\_reason\\_female\\_entrepreneurs\\_get\\_less\\_funding](https://www.ted.com/talks/dana_kanze_the_real_reason_female_entrepreneurs_get_less_funding)

## **Week 6**

### **Motivational Monday**

"Grit: The power of passion and perseverance" Angela Lee Duckworth (6minutes)

[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)

### **Essential Skills Thursday**

"Know your worth, and then ask for it" Casey Brown (8 minutes)

[https://www.ted.com/talks/casey\\_brown\\_know\\_your\\_worth\\_and\\_then\\_ask\\_for\\_it](https://www.ted.com/talks/casey_brown_know_your_worth_and_then_ask_for_it)

## **Week 7**

### **Motivational Monday**

"How to let go of being a "good" person- and become a better person" Dolly Chugh (11 minutes)

[https://www.ted.com/talks/dolly\\_chugh\\_how\\_to\\_let\\_go\\_of\\_being\\_a\\_good\\_person\\_and\\_become\\_a\\_better\\_person#t-18481](https://www.ted.com/talks/dolly_chugh_how_to_let_go_of_being_a_good_person_and_become_a_better_person#t-18481)

### **Essential Skills Thursday**

"Machine intelligence makes human morals more important" Zeynep Tufekci (17 minutes)

[https://www.ted.com/talks/zeynep\\_tufekci\\_machine\\_intelligence\\_makes\\_human\\_morals\\_more\\_important](https://www.ted.com/talks/zeynep_tufekci_machine_intelligence_makes_human_morals_more_important)

## **Week 8**

### **Motivational Monday**

“The happy secret to better work” Shawn Achor (11 minutes)

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

### **Essential Skills Thursday**

“How to make applying for jobs less painful” Priyanka Jain (5 minutes)

[https://www.ted.com/talks/priyanka\\_jain\\_how\\_to\\_make\\_applying\\_for\\_jobs\\_less\\_painful](https://www.ted.com/talks/priyanka_jain_how_to_make_applying_for_jobs_less_painful)

## **Week 9**

### **Motivational Monday**

“How to make hard choices” Ruth Chang (15 minutes)

[https://www.ted.com/talks/ruth\\_chang\\_how\\_to\\_make\\_hard\\_choices?referrer=playlist-talks\\_to\\_watch\\_when\\_you\\_have\\_a&language=en](https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices?referrer=playlist-talks_to_watch_when_you_have_a&language=en)

### **Essential Skills Thursday**

“What Baby Boomers can learn from millennials at work and vice versa” Chip Conley (11 minutes)

[https://www.ted.com/talks/chip\\_conley\\_what\\_baby\\_boomers\\_can\\_learn\\_from\\_millennials\\_at\\_work\\_and\\_vice versa](https://www.ted.com/talks/chip_conley_what_baby_boomers_can_learn_from_millennials_at_work_and_vice versa)

## **Week 10**

### **Motivational Monday**

“Are you a giver or a taker?” Adam Grant (13 minutes)

[https://www.ted.com/talks/adam\\_grant\\_are\\_you\\_a\\_giver\\_or\\_a\\_taker?referrer=playlist-talks\\_to\\_help\\_you\\_find\\_the\\_ide](https://www.ted.com/talks/adam_grant_are_you_a_giver_or_a_taker?referrer=playlist-talks_to_help_you_find_the_ide)

### **Essential Skills Thursday**

“How to make work-life balance work” Nigel Marsh (10 minutes)

[https://www.ted.com/talks/nigel\\_marsh\\_how\\_to\\_make\\_work\\_life\\_balance\\_work?referrer=playlist-talks\\_to\\_help\\_you\\_find\\_the\\_ide](https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?referrer=playlist-talks_to_help_you_find_the_ide)

## **Week 11**

### **Motivational Monday**

“The funny thing about the American Dream” Harrison Scott Key (13 minutes)

[https://www.ted.com/talks/harrison\\_scott\\_key\\_the\\_funny\\_thing\\_about\\_the\\_american\\_dream](https://www.ted.com/talks/harrison_scott_key_the_funny_thing_about_the_american_dream)

### **Essential Skills Thursday**

“3 ways to make better decisions- by thinking like a computer” Tom Griffiths

[https://www.ted.com/talks/tom\\_griffiths\\_3\\_ways\\_to\\_make\\_better\\_decisions\\_by\\_thinking\\_like\\_a\\_computer?referrer=playlist-talks\\_to\\_watch\\_when\\_you\\_have\\_a&language=en](https://www.ted.com/talks/tom_griffiths_3_ways_to_make_better_decisions_by_thinking_like_a_computer?referrer=playlist-talks_to_watch_when_you_have_a&language=en)

## **Week 12**

### **Motivational Monday**

“What makes you special?” Mariana Atencio (18 minutes)

[https://www.ted.com/talks/mariana\\_atencio\\_what\\_makes\\_you\\_special](https://www.ted.com/talks/mariana_atencio_what_makes_you_special)

### **Essential Skills Thursday**

“How to build your creative confidence” David Kelley (12 minutes)

[https://www.ted.com/talks/david\\_kelley\\_how\\_to\\_build\\_your\\_creative\\_confidence](https://www.ted.com/talks/david_kelley_how_to_build_your_creative_confidence)

## **Week 13**

### **Motivational Monday**

“Happiness and its surprises” Nancy Etcoff (13 minutes)

[https://www.ted.com/talks/nancy\\_etcoff\\_happiness\\_and\\_its\\_surprises](https://www.ted.com/talks/nancy_etcoff_happiness_and_its_surprises)

### **Essential Skills Thursday**

“How to get back to work after a career break” Carol Fishman Cohen (12 minutes)

[https://www.ted.com/talks/carol\\_fishman\\_cohen\\_how\\_to\\_get\\_back\\_to\\_work\\_after\\_a\\_career\\_break](https://www.ted.com/talks/carol_fishman_cohen_how_to_get_back_to_work_after_a_career_break)

## **Week 14**

### **Motivational Monday**

“All it takes is 10 mindful minutes” Andy Puddicombe (9 minutes)

[https://www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)

### **Essential Skills Thursday**

“Looking for a Job? Highlight your ability not your experience” Jason Shen (6 minutes)

[https://www.ted.com/talks/jason\\_shen\\_looking\\_for\\_a\\_job\\_highlight\\_your\\_ability\\_not\\_your\\_experience](https://www.ted.com/talks/jason_shen_looking_for_a_job_highlight_your_ability_not_your_experience)

## **Week 15**

### **Motivational Monday**

“How to turn a group of strangers into a team” Amy Edmonson (13 minutes)

[https://www.ted.com/talks/amy\\_edmondson\\_how\\_to\\_turn\\_a\\_group\\_of\\_strangers\\_into\\_a\\_team](https://www.ted.com/talks/amy_edmondson_how_to_turn_a_group_of_strangers_into_a_team)

### **Essential Skills Thursday**

“How to find the person who can help you get ahead at work” Carla Harris (13 minutes)

[https://www.ted.com/talks/carla\\_harris\\_how\\_to\\_find\\_the\\_person\\_who\\_can\\_help\\_you\\_get\\_ahead\\_at\\_work](https://www.ted.com/talks/carla_harris_how_to_find_the_person_who_can_help_you_get_ahead_at_work)

## **Week 16**

### **Motivational Monday**

“How to ask for Help- and get a Yes” Heidi Grant (12 minutes)

[https://www.ted.com/talks/heidi\\_grant\\_how\\_to\\_ask\\_for\\_help\\_and\\_get\\_a\\_yes](https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes)

### **Essential Skills Thursday**

“The career advice you probably didn’t get” Susan Colantuono (14 minutes)

[https://www.ted.com/talks/susan\\_colantuono\\_the\\_career\\_advice\\_you\\_probably\\_didn\\_t\\_get?referrer=playlist-counterintuitive\\_career\\_advice](https://www.ted.com/talks/susan_colantuono_the_career_advice_you_probably_didn_t_get?referrer=playlist-counterintuitive_career_advice)

## **Week 17**

### **Motivational Monday**

“How great leaders inspire action” Simon Sinek (18 minutes)

[https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action?referrer=playlist-counterintuitive\\_career\\_advice](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?referrer=playlist-counterintuitive_career_advice)

### **Essential Skills Thursday**

“In defense of extroverts” Katherine Lucas (9 minutes)

[https://www.ted.com/talks/katherine\\_lucas\\_in\\_defense\\_of\\_extroverts](https://www.ted.com/talks/katherine_lucas_in_defense_of_extroverts)

## **Week 18**

### **Motivational Monday**

“The way we think about work is broken” Barry Schwartz (8 minutes)

[https://www.ted.com/talks/barry\\_schwartz\\_the\\_way\\_we\\_think\\_about\\_work\\_is\\_broken?referrer=playlist-counterintuitive\\_career\\_advice&language=en](https://www.ted.com/talks/barry_schwartz_the_way_we_think_about_work_is_broken?referrer=playlist-counterintuitive_career_advice&language=en)

### **Essential Skills Thursday**

“How to build your confidence, and spark it in others” Brittany Packnett (13 minutes)

[https://www.ted.com/talks/brittany\\_packnett\\_how\\_to\\_build\\_your\\_confidence\\_and\\_spark\\_it\\_in\\_others](https://www.ted.com/talks/brittany_packnett_how_to_build_your_confidence_and_spark_it_in_others)