Connect & Reflect - 1st Quarter 2019

The Staff Success Center and Be Well UC hope to help you develop personally and professionally as you learn, share and connect with colleagues over relevant and thought provoking content from articles, TED talks and books. Topics and themes may change – but the conversation will always be engaging, dynamic and foster community.

First quarter themes and topics:

<table>
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<th>January</th>
<th>February</th>
<th>March</th>
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<tr>
<td>Be Well: Get Better at the Things You Care About</td>
<td>Be Well: Take Steps to Invest In Yourself</td>
<td>Be Well: Working Toward Happiness &amp; Resiliency</td>
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<tr>
<td>SSC: How to Gain Control of your Free Time</td>
<td>SSC: The Day the Crayons Quit</td>
<td>SSC: Are You a Giver or a Taker?</td>
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Visit [www.uc.edu/hr](http://www.uc.edu/hr) where we’ll connect you with the upcoming topics, identify resources to review, watch or read and pose questions for you to ponder and prepare for.

Get in the groove with a simple schedule or plan to follow:

- We recommend looking over the material in the first week of the month if possible.
- Review materials or any notes you’ve made during the second week of the month.
- Join the conversation at the scheduled meet-ups in the third and fourth week of the month.

Scheduled Discussion Dates


### January
- Be Well: Jan 23 from 8-9 a.m., CARE 1870 and Jan 23 from 12-1 p.m., TBD
- SSC: Jan 31 from Noon to 1pm, UHall 454

### February
- Be Well: Feb 26 from 12-1 p.m., UHall 610 and Feb 27 from 8-9 a.m., TBD
- SSC: Feb 26 from Noon to 1pm, University Hall 450

### March
- Be Well: Mar 26 from 12-1 p.m., TUC 413 and Mar 28 from 3-4 p.m., TBD
- SSC: Mar 26 from Noon to 1pm, UHall 454

Questions?
The Be Well UC and Staff Success Center teams are happy to help answer your questions. Please send them directly to wellness@uc.edu or hrlearning@uc.edu.

University of Cincinnati