**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>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<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>
</tr>
<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>
</tr>
</tbody>
</table>

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., Lindner 301
- SSC: Jan 31 from Noon to 1pm, University Hall 454

**February**
- Be Well: Feb 26 from 12-1 p.m., University Hall 610 and Feb 27 from 8-9 a.m., TUC 411
- 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., TUC 413
- SSC: Mar 26 from Noon to 1pm, University Hall 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](mailto:wellness@uc.edu) or [hrlearning@uc.edu](mailto:hrlearning@uc.edu).