Connect & Reflect – 2nd 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.

Second Quarter Themes and Topics:

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<th>April</th>
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<th>June</th>
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<td>Be Well UC</td>
<td>Spring Clean Your Mind</td>
<td>Volunteering: A Formula for Help &amp; Happiness</td>
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<td>SSC</td>
<td>Getting through Change</td>
<td>The Importance of Feedback</td>
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Visit 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
Register for sessions using SuccessFactors Learning (http://bit.ly/UCSuccessFactors) so we can reach out ahead of the session if needed and share additional resources.

April
- Be Well:
  - April 23 from 12-1 p.m. Langsam 462 and WebEx
  - April 24 8-9 a.m. MSB 2001 and WebEx
- SSC: April 24 12-1 p.m. Univ. Hall 450

May
- Be Well:
  - May 29 from 12-1 p.m. Univ. Hall 244 and WebEx
  - May 30 from 3-4 p.m. Teachers 411 and WebEx
- SSC: May 22 12-1 p.m. Univ. Hall 450

June
- Be Well:
  - June 26 from 12-1 p.m., Engineering Research Center (ERC) 538 and WebEx
  - June 27 from 3-4 p.m. Kowalewski Hall 160 and WebEx
- SSC: June 19 12-1 p.m. Univ. Hall 450

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.