Connect & Reflect
July-September 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.

Themes and Topics:

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<thead>
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<th>July</th>
<th>August</th>
<th>September</th>
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<tr>
<td>Be Well UC</td>
<td>Exposing Implicit Bias &amp; Altrusim</td>
<td>Emotions are Contagious - Build Your EQ/Emotional Quoient</td>
<td>Blue Zones to Live Our Best Lives</td>
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<td>SSC</td>
<td>The Importance of Feedback</td>
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<td>Topic Coming Soon!</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


**July**
- Be Well UC: Exposing Implicit Bias & Altrusim
  - July 31 8-9 a.m. Univ. Hall 450 (Medical Campus) and online via WebEx
- SSC: The Importance of Feedback
  - July 30 12-1 p.m. Univ. Hall 450

**August**
- Be Well & SSC: Emotions are Contagious - Build Your EQ/Emotional Quoient
  - August 13 8-9 a.m. Teachers 425 (Main/West Campus) and online via WebEx

**September**
- Be Well UC: Blue Zones to Live Our Best Lives
  - September 19 3-4 p.m. College of Pharmacy/Kowalewski 310 (Medical Campus) and online via WebEx
- SSC: Topic coming soon!

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.