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:

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

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 Quotient
  - 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 8-9 a.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.