

# Introducing: **Connect & Reflect**

Research shows that despite being more connected via technology, we are finding ourselves *disconnected from others* with fewer opportunities to interact face to face. 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.**



## **We know you are busy, but we will make this worth your time.**

Work takes up much of our time, making it difficult to meet individuals who share the same interests as you (where's the playground?!). This new learning opportunity will borrow concepts from traditional book clubs and resource groups and initiate dialogue on a wide variety of topics that may interest you from both a professional and personal development perspective. Take time to talk about what you read, watched and learned, hopefully finding common ground and common interests. Then, continue to engage with colleagues you meet via Connect and Reflect.

## **What topics will be discussed?**

- Personal development sessions will include topics like building healthy habits, improving longevity, resilience or intuitively eating.
- Professional development opportunities will include topics like personal accountability and design thinking which will help you work smarter.
- Topics and resources can be recommended to the SSC & Be Well teams for future consideration.

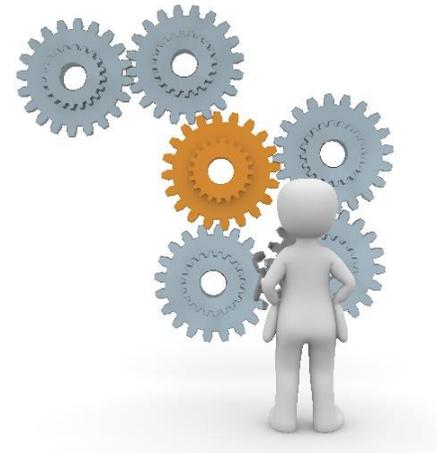


## **What is the goal?**

This new concept will aim to encourage a **community of connection** on campus. We hope to motivate you to participate as sessions based on topics appeal to you. We also hope you'll initiate your own meet ups with people you connect with from the groups for coffee or take turns inviting one another to on-campus opportunities and programs.

## How does this work?

- **Length of meetings:** 30 minutes to an hour depending on the topic.
- **Time commitment overall:** Many **Connect & Reflect** topics will be covered in one setting, while others may be covered over a series of sessions. Length and time commitments per topic will be shared in advance, along with materials to be reviewed.
- **Locations:** Sessions will be held in various locations throughout campus – including in the new Staff Success Center located in University Hall. Online options may also be available.
- **Time of day:** Varying times will be available including over the lunch hour, to accommodate schedules.



## Where can I learn about upcoming options?

We'll announce the topics on a quarterly basis on the Human Resources homepage ([www.uc.edu/hr](http://www.uc.edu/hr)). You choose whatever topic(s) sounds interesting to you and sign up. Prior to coming to the **Connect & Reflect** session, you simply read the article, book excerpt or view the TedTalk and review the discussion questions. That's it! Then, join us at the **Connect & Reflect** session prepared for a fun, interactive conversation about your topic of interest between you and your colleagues.

## To get started:

- Visit [www.uc.edu/hr](http://www.uc.edu/hr) where we'll connect you with upcoming topics and resources.
- Register for our introductory sessions in 2018, which will be drop in style, on HR EDGE: <http://bit.ly/HR-EDGE>.
- Beginning in 2019, register for sessions through SuccessFactors Learning, where you'll learn more about the resources to review prior to attendance.



## 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 [hrllearning@uc.edu](mailto:hrllearning@uc.edu).