

**January 18**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Join Everyday Resilience author Gail Gazelle, MD as she kicks off our year and shares about her book

**February 12**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Book Discussion Intro: Foundations of Resilience
- Why is it SO important to be on solid ground?

**March 12**

Location: Virtual; Zoom link  
Sent to WPS Listserv  
Time: 12:15 p.m. - 12:45 p.m.

- Book Discussion Chapter One: Cultivating Your Resilience
- What steps can you take to strengthen your resilience?

**April 9**

Location: Virtual; Zoom link  
Sent to WPS Listserv  
Time: 12:15 p.m. - 12:45 p.m.

- Book Discussion Chapter Two: Connection
- Why are relationships so powerful?

**May 14**

Location: Virtual; Zoom link  
Sent to WPS Listserv  
Time: 12:15 p.m. - 12:45 p.m.

- Book Discussion Chapter Three: Flexibility
- Can we bend, but refuse to break?

**June 11**

Location: Virtual; Zoom link  
Sent to WPS Listserv  
Time: 12:15 p.m. - 12:45 p.m.

- Book Discussion Chapter Four: Perseverance
- What if you are tasked with running a resilience marathon?



# Women in Public Service Monthly Meetings

## Topical Conversations & Book Discussions

Facilitated by Brenda Dietzman, Owner and CEO, Wayfinder Consulting, LLC

\*please note should we be able to gather physically, we'll send location information out via listserv



**July 9**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Book Discussion Chapter Five: Self-Regulation
- What happens when you look inward?

**August 13**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Book Discussion Chapter Six: Positivity
- Is it possible to learn to be optimistic?

**September 10**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Book Discussion Chapter Seven: Self-Care
- Is this really a thing? Do we need permission? How does it work?

**October 8**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Book Discussion Chapter Eight: Resilience for Life
- What are the tips and tools to build with quality (us)?

**November 19**

Location: Virtual; Zoom Link  
Sent to WPS Listserv  
Time: Noon - 1 p.m.

- Wrap Up - What did you learn and what will we take forward? Let's put it into practice.

**December 14**

Location: TBA  
Sent to WPS Listserv  
Time: Noon - 1 p.m. (lunch)  
1 p.m. to 1:45 (yoga)

- Resilience Retreat
- Join us for lunch at Noon and Restorative Yoga at 1 p.m. Location TBA

