

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

BUILT
WPS
WOMEN IN PUBLIC SERVICE
RESILIENT
2021

July 9

Location: Virtual; Zoom Link
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- Book Discussion Chapter Five: Self-Regulation
- What happens when you look inward?

August 13

Location: Virtual; Zoom Link
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Time: Noon - 1 p.m.

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

September 10

Location: Virtual; Zoom Link
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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