

***Well-being in the Workplace:
A Guide to Resilience for Individuals and Teams***

by Sarah Cook

**Questions for Book
Club Discussion**

Monday, Oct. 17, 1 P.M.

What is resilience and why is it important? How does practicing resilience impact our personal and professional lives?

Join UMass HR Learning & Development and Office of Well-Being (OWB) Monday, Oct. 17, at 1 P.M., as we discuss *Well-being in the Workplace: A Guide to Resilience for Individuals and Teams* by Sarah Cook. Together, we will review Cook's definition of resilience and discuss the value of establishing wellness habits to better support ourselves and others. Share ideas, learn new practices, and connect with colleagues as we explore ways to build and strengthen resilience.

1. What are the characteristics of a resilient person, according to Cook?
 - What did resilience mean to you before you read Cook's book?
 - Has your definition of resilience changed?
2. Based on the physical, emotional, mental, and social well-being tips, what resonates with you?
3. When you practice wellness techniques, do you notice if this has an impact on your resilience?
4. How can practicing resilience and wellness better support your UMass Chan experience?
5. Are there strategies not mentioned in the book that support your resilience and well-being?
6. Based on Cook's book, what barriers impact your ability to implement her strategies for creating healthy habits to strengthen resilience and wellness?