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| **R&D Oncology Biometrics Leaders and Extended Leaders****March 24, 2021*****PowerUP for Productivity* with Cathy Richards** |
| **Segments** | **Time** | **Topic and Interactive Elements** |
| Module 1 | 25 min | **Introduction and Mindset Mastery****Interactive Elements:**1. **Slide 6-7: Word Cloud:** Use one word to describe “What type of 85-year-old do you want to be?”
2. **Slide 19 Poll:** What percentage of leg strength does the average person lose between the ages of 20 and 80?
	1. 10%
	2. 20%
	3. 30%
	4. 40%
	5. 50%

(correct answer: e)1. **Slide 22: movement exercise:** 30-second sit to stand
2. **Slide 41: Poll**: Would you walk to the pedestrian-only pharmacy for the magic pill?
	1. Yes
	2. No
	3. Maybe

(no correct answer) |
| Breakout 1 | 12 min | **Slide 64: Breakout****Discussion topics:**What’s your biggest challenge in mindset?Discuss one new strategy you will commit to try. |
| Module 2 | 25 min | **Well-being****Interactive Elements**1. **Slide 67: Poll:** What factor contributes most to well-being?
	1. Physical Activity
	2. Nutrition
	3. Brain Fitness
	4. Sleep
	5. Social Connection
	6. Relaxation

(no correct answer)1. **Slide 95: Poll:** What is the number one strategy to improve brain function?
	1. Brain games
	2. Reading
	3. Physical exercise
	4. Learning a new skill(correct answer: c)
2. **Slide 115-116: Word Cloud** – what’s your favorite stress buster or way to relax (one or two words)?
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| Bio Break | 5 min | **Slide 117: Bio Break** |
| Module 3 | 25 min | **Resilience****Interactive Elements**1. **Slide 119-120: Word Cloud**: What’s one word you would use to describe resilience?
2. **Slide 129: Poll:** What leadership quality is most enhanced by personal wellness?
	1. Empathy
	2. Curiosity
	3. Generosity
	4. Openness
	5. Humility
	6. Confidence

(no correct answer) |
| Breakout 2 | 12 min | **Slide 135: Breakout****Discussion topic: Goal Setting**1. What are one or two small changes that you would like to commit to trying to improve your well-being
2. What are one or two small things you and your team can do to improve resilience?
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| Module 4 | 15 min | **Wrap up to *Power UP*****Interactive Elements*** 1. **Slide 148: Type into chat**
		1. What is the one thing that resonated the most with you?
		2. What is one thing you are going to do differently this week?
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