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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)? |
| 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? |
| 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? |