

DISCUSSIONS ACROSS DIFFERENCES

PARTICIPANT BOOKLET

Group Discussion

1. What were some of the messages you heard in the video related to courage and evolving?

2. The video discusses a quote, "*Life is like looking at a glass of water. Seeing the half full side and being grateful for it, and seeing the half empty side and asking can I do anything about it? If not, can I accept it?*" How can we embrace and accept changes when we see our glass is half empty, professionally or personally?

3. David mentions that "*We are all made uniquely. Our experiences, what we go through in life differentiates/impacts us.*" As you feel comfortable, please share one unique characteristic you have, or a unique (unusual) experience you have had, that has impacted you.

4. David stated that "*appreciation builds resiliency.*" Being at higher levels on one's mood elevator allows for clearer thinking/improved ability to solve problems. As we "*elevate our thinking,*" what is one thing at your organization you are appreciative of/grateful for?
