

DISCUSSIONS ACROSS DIFFERENCES

The
Courage
To Evolve and Grow



Objectives

- Begin new dialogues on issues facing our co-workers and our community
- Learn how to be brave (*as we listen to David's story and others' sharing within their debrief discussions*) and lead from where you are
- Support Ameren's efforts to build a more inclusive community

Discussion Question 1

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

Discussion Question 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?

Discussion Question 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.

Discussion Question 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?

Objectives Recap

- Begin new dialogues on issues facing our co-workers and our community
- Learn how to be brave (*as we listen to David's story and others' sharing within their debrief discussions*) and lead from where you are
- Support Ameren's efforts to build a more inclusive community

Thank you for participating!

