

LEADERSHIP BOOK CLUB

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WHAT DO LEADERSHIP AND VULNERABILITY HAVE TO DO WITH EACH OTHER?

"The goal of Dare to Lead is to share everything we've learned about taking off the armor and showing up as leaders in a skills-based and actionable playbook. Here are a few of the big ideas that emerged from this research" – Brené Brown

- You cannot get to courage without rumbling with vulnerability. Embrace the Suck.
- Self-awareness and self-love matter. Who we are is how we lead.
- Courage is contagious

Join us for Leadership Book Club. This curated event focuses on developing managers and supervisors on campus. This club creates space for leaders to discuss issues specific to the role (must be a supervisor to join).

THE GROUP WILL MEET FROM 12:05-12:55PM IN THE TLPDC RM 153
ON THESE DATES:

JUNE 5TH, JUNE 19TH, JULY 3RD, JULY 17TH, JULY 31ST

** To sign up, email: stephanie.west@ttu.edu. Hurry, spots fill up for book club very quickly! **

HAPPINESS FUELS SUCCESS

Shawn Achor writes in The Happiness Advantage about his work with Harvard Students, Wall Street, and countless companies and organizations around the world. The Happiness Advantage is not your average positive thinking book. Full of research, stories, and self-deprecating humor, this book will be the focal point of this summer's book club. Open to all staff and faculty!

In this book, you will learn practical ways to help you feel happier at work and home. You will learn practical steps like:

- **The Tetris Effect:** How to retrain your brain to spot patterns of possibility, so we can see—and seize—opportunities wherever we look.
- **The Zorro Effect:** How to channel our efforts on small, manageable goals, to gain the leverage to gradually conquer bigger and bigger ones.
- **Social Investment:** How to reap dividends of investing in one of the greatest predictors of success and happiness—our social support network.

You'll get weekly emails for encouragement, tracking, and ideas for application to keep the content fresh and relevant to your daily life. Come join the community of readers at Tech who enjoy lunch together and talk about a great book. Even if you miss some sessions, do not sweat it. I will send out the essential readings to make sure you can review last second and engage in conversation.

WE WILL MEET AS A BOOK CLUB IN THE TLPDC RM 153
FROM 12:05-12:55PM ON THE FOLLOWING DATES:
JUNE 12TH, JUNE 26TH, JULY 10TH, AND JULY 24TH

** Sign up by emailing trey.gardenhire@ttu.edu and I'll get you on the list. Hurry, spots fill up for book club very quickly! **