

ENGAGE & GROW: Career & Intellectual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WATCH THIS: [How to Find the Person Who Can Help You Get Ahead at Work](#) (2018)

Carla Harris is a business executive and author. In this talk, she explains why finding a sponsor is so important to propelling your career and provides tips for how to identify and approach a potential sponsor.

READ THIS: Hope Reese (2022) [A Neurologist's Tips to Protect Your Memory](#) (2018)

Also, check out [the Surgeon General's report](#) on Workplace Well-Being Guidelines. In the U.S. Surgeon General's new Workplace Mental Health & Well-Being Guidelines, aspects of relationship quality are imbued in all "Five Essentials:" defined as (1) Connection & Community, (2) Work Life Harmony, (3) Mattering at Work, (4) Opportunity for Growth, and (5) Protection from Physical and Psychological Harm.

DO THIS: Stream ["The Career of a Lawyer: Creating Success at Each Stage"](#) 5 credit MCLE (note that there are two sessions – [morning](#) and [afternoon](#)).

If you would like more assistance with finding your best career fit, contact OAAP Attorney Counselor Associate [Kirsten Blume](#) for information about "Finding Meaningful Work: An OAAP Job-Search, Skill Building, Networking, and Support Group."



Passion for your work is a little bit of a discovery, followed by a lot of development, and then a lifetime of deepening." – Angela Duckworth, psychologist, and author of Grit

