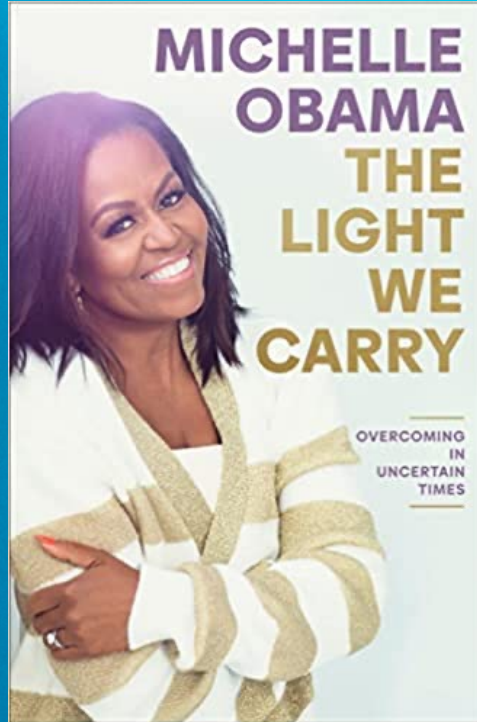


Welcome to the HR Book Club



Today a reader,
tomorrow a
leader.

Margaret Fuller

CPHR BC & Yukon wishes to create a safe, respectful and inclusive environment for all. While participating in this event, attendees have the duty to conduct themselves in an ethical and professional manner and are expected to abide by the CPHR BC & Yukon Professional Rules of Conduct in both verbal and written comments.

Conduct Disclaimer: <https://cphrbc.ca/conduct-disclaimer-for-events-and-roundtables/>

Video Link

CPHR

British Columbia
& Yukon

<https://www.youtube.com/watch?v=aOYIZXdTmRM>



I can't believe it's been
a few years

Discussing the early months of the pandemic, a period during which many of us were nervously watching the news and reading the dire headlines, Mrs. Obama writes: “Everything felt big. Everything felt consequential. Everything was big. Everything was consequential.” In this fraught space, Mrs. Obama discovered how the simple act of knitting helped to calm her anxious mind and counter the overwhelm. “It buckled my churning brain into the back seat and allowed my hands to drive the car for a while.” She calls this “the power of small.”

Have you ever experienced the “power of small” in your own life? What are some activities you do or strategies you use to keep anxiety at bay? What have you discovered about yourself when undertaking these small acts?



Mrs. Obama unravels the ways that abstract and common fears—such as embarrassment, rejection, or facing new situations—have the power to influence our choices if we don't learn to decode them. “Jeopardy is woven into the experience of being human,” she writes. But she argues that the fears arising in response to disorder and differentness are often worth taking on in direct ways to understand and overcome them.

When in your life have you encountered something new or intimidating that elicited fear? How did you work through that fear? Did you have a different perspective on the source of your fear after you faced it?



Everywhere Mrs. Obama goes, she meets people who describe the self-consciousness that comes with feeling like you don't belong in the space you're in. She writes: "Nearly everyone on earth experiences this sort of feeling at some point—that prickling awareness that you're somehow not suited to your environment, that you're being viewed as a trespasser."

Describe a time in your life when you felt this way. How did you navigate the situation?



Mrs. Obama defines her “Kitchen Table” as “the people beyond my family who I trust, delight in, and rely on most—and for whom I would do anything.”



Do you have your own “Kitchen Table”, and if so, who does it include? What do you bring out in each other?

When in your life has discomfort been a teacher and what did you learn?

“Discomfort is a teacher,” Mrs. Obama writes: “Lack of reward is a teacher. Dealing with these things gives us practice at life, helping us figure out who we are when we’re a little pushed.”

