

WEDS



ENGAGE & GROW: Career & Intellectual Well-Being

HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



WELL-BEING
WEEK
IN LAW

MAY 1-5, 2023

WATCH THIS: Harris, Carla (2018) [How To Find The Person Who Can Help You Get Ahead At Work, TEDWomen](#) 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](#)

DO THIS: [Exert greater autonomy over your career and create a better fit between your strengths, values, preferences, and your work with this Job Crafting exercise.](#)

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