ATTENDEES

TJ, Chris, Dominika, John, Radhika, Alberto, & Members

AGENDA

Last Meeting Follow-up

1. Unknown

New Business

- PWC came to talk about the new Be well Work well program

NOTES

- In the room tonight
  - Lauren S, Tony
- Introduced PWC be well work well
  - Pursuit of well being to be best self
- Four dimensions of energy
  - Physical
  - Emotional
  - Mental
  - Spiritual
- Stress reducing tip:
  - Inhale through nose
  - Wait
- Physical
  - 95% of people require 7-8 hours to be at full capacity
  - Employees who exercise during workday are more productive and happier and have more energy
- Spiritual
  - Core values and purpose
  - Improve via values based decisions
● Habit framework
  ○ Gaining a new habit can take 21 to 66 days cue-> routine -> reward

● Spring 2018 recruiting
  ○ [http://Habitbank.pwc.com](http://Habitbank.pwc.com)
  ○ Elevate: 2-3 day leadership program in PwC office to learn about PwC
    ■ If completed receive internship for next summer
  ○ Sophomores are eligible
  ○ Explore: learn about services etc
  ○ Career preview
    ■ Learn about professional services for MIS / STEM / Accounting
  ○ Blank
  ○ Test

ACTION ITEMS

1.  

NEXT WEEK’S AGENDA

x