

2025 Book Discussions

January 2025: *Who Moved My Cheese? An Amazing Way to Deal with Change in your Work and in your Life* by Spencer Johnson

Most people are fearful of change, both personal and professional, because they don't have any control over how or when it happens to them. Since change happens either to the individual or by the individual, Dr. Spencer Johnson, the coauthor of the multimillion bestseller *The One Minute Manager*, uses a deceptively simple story to show that when it comes to living in a rapidly changing world, what matters most is your attitude. Exploring a simple way to take the fear and anxiety out of managing the future, *Who Moved My Cheese?* can help you discover how to anticipate, acknowledge, and accept change in order to have a positive impact on your job, your relationships, and every aspect of your life.

Discussion Date: January 23, 2025: 2:00 PM – 3:30 PM

Registration Deadline: December 27, 2024

February 2025: *Between the World and Me* by Ta-Nehisi Coates

In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son -- and readers -- the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder.

Discussion Date: February 20, 2025: 2:00 PM - 3:30 PM

Registration Deadline: January 24, 2025

March 2025: *Leadershift: The 11 Essential Changes Every Leader Must Embrace* by John Maxwell

Leadership expert and bestselling author John C. Maxwell teaches how to accelerate your career by putting your leadership in high gear. In *Leadershift*, John C. Maxwell helps leaders gain the ability and willingness to make leadership changes that will positively enhance their organizational and personal growth. He does this by sharing the eleven shifts he made over the course of his long and successful leadership career. Each shift changed his trajectory and set him up for new and exciting achievements, ultimately strengthening and sustaining his leadership abilities and making him the admired leadership expert he is today.

Discussion Date: March 20, 2025: 2:00 PM – 3:30 PM

Registration Deadline: February 27, 2025

April 2025: *The Remix: How to Lead and Succeed in the Multigenerational Workplace* by Lindsey Pollak

Millennials have become the largest generation in the U.S. workforce, and Generation Z workers are right behind them. Leaders and organizations must embrace the new ways of working that appeal to the digital-first generations, while continuing to appeal to Baby Boomers and Generation X, who will likely remain in the workforce for decades to come. Within any organization, team, meeting, or marketing opportunity, you will likely find any combination of generations, each with their own attitudes, expectations, and professional styles. To lead and succeed in business today, you must adjust to how Millennials work, continue to accommodate experienced colleagues and pay attention to the next generations coming up. *The Remix* shows you how to adapt and win through proven strategies that serve all generations' needs. The result is a workplace that blends the best of each generation's ideas and practices to design a smarter, more inclusive work environment for everyone.

Discussion Date: April 24, 2025: 2:00 PM - 3:30 PM

Registration Deadline: March 27, 2025

May 2025: *Dare to Lead. Tough Conversations. Whole Hearts* by Brene Brown

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work.

Discussion Date: May 22, 2025: 2:00 PM - 3:30 PM

Registration Deadline: April 17, 2025

June 2025 *Emotional Intelligence in the Workplace* in Mark Craemer

Emotional intelligence refers to your skill at identifying and effectively responding to what you, and the people around you, are thinking and feeling, and it's especially important in professional settings. Emotional Intelligence in the Workplace is your guide to developing your emotional intelligence, with actionable advice and exercises that help you make empathetic decisions, manage stress, resolve conflict, and maintain productive working relationships.

Discussion Date: June 19, 2025: 2:00 PM - 3:30 PM

Registration Deadline: May 29, 2025