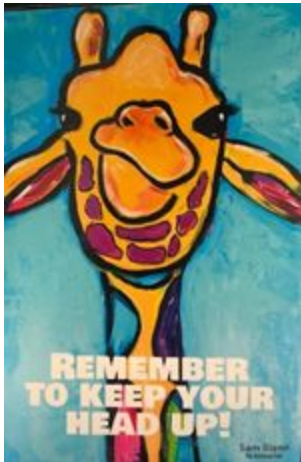


# WELCOME



Welcome to RCAEOP's first Snack & Chat Book Club "Keep Your Head Up", by Sam Glenn.

The focus of this book is:

- Why you need to keep your head up
- How to become more resilient and
- Why you should be optimistic when things get tough.

It also reminds us that in the end, we know things will work out for the best.

Our meetings will be virtually, once a month, starting on January 21, 2021, through May 11, 2021, from 4:30 – 5:30 pm. Our plan to divide everyone up into groups of five (5) with a facilitator. We will have a few questions to discuss in our small groups for the first thirty minutes and then meet as a whole for the last thirty minutes and share our answers. Please find listed below the dates, times, and chapters/pages to read for each of our meetings. There will be Google links sent out the Monday before each meeting so you can mark your calendars. At the completion of our Snack & Chat Book Club, you will receive a certificate for five (5) PSP credit hours which has been approved by NAEOP.

## Dates, Times, and Chapters

<i>January</i>	<i>21st</i>	<i>4:30-5:30</i>	<i>Chapters 1-5 (pages 1-27)</i>
<i>February</i>	<i>18th</i>	<i>4:30-5:30</i>	<i>Chapters 6-12 (pages 28-55)</i>
<i>March</i>	<i>18th</i>	<i>4:30-5:30</i>	<i>Chapters 13-18 (pages 56-88)</i>
<i>April</i>	<i>22nd</i>	<i>4:30-5:30</i>	<i>Chapters 19-23 (pages 89-113)</i>
<i>May</i>	<i>11th</i>	<i>4:30-5:30</i>	<i>Chapters 24-28 (pages 114-136)</i>

Your RCAEOP Professional Development team is excited about facilitating our first Snack & Chat Book Club. It is a quick read and most of the chapters are only a couple of pages. We hope you enjoy the book and our virtual book club time together.

Please feel free to reach out to me if you need anything.

My email me is: [mgawrys@richland2.org](mailto:mgawrys@richland2.org), work number: 803.691.3360 ext. 37106 and cell number 803.727.4961

Thank you!!!

**Your RCAEOP Professional Development TEAM!!! :-)**