Welcome to this Special Edition of Staff Matters. We have some opportunities for you that just couldn’t wait until the January issue. Please take a few minutes to read the articles contained in this Special Edition, and give Christie Kuropatwa a hand for pulling this together outside of the normal schedule!

How many of you make New Year’s Resolutions? How many of your resolutions are about losing weight or maintaining a healthy weight? The SOM is partnering with FSAP to bring you the W³ Challenge. You can read about it in the article below.

We also want to let you know about the Spring Leadership Book Club. Approximately 25 mid-level managers participated this semester. If you haven’t heard of the Leadership Book Club, be sure to check out the article on page 2.

Additionally, I want to remind you that I will be holding office hours the first Tuesday of each month at Grady from 9:10am-1:00pm. I’ve met some wonderful people during my time there so far!

**W³ Challenge—Just in time!**

Just in time for our New Year’s resolutions! The Office of Staff Development is teaming up with the Faculty Staff Assistance Program (FSAP) to bring the W³ Challenge to the School of Medicine.

W³ stands for “Weight Loss at Work for Wellness.” The purpose of this program is to encourage the faculty and staff of Emory University School of Medicine to lose excess pounds and ideally adopt healthy lifestyle changes. FSAP has worked with five groups on this challenge at Emory so far and touts its success! FSAP reports 410 employees have completed the challenge and 2047.9 pounds have been lost!

The five groups that have participated so far are:

- 1599 Building
- Campus Services
- The Emory Clinic/Decatur Plaza
- Emory College
- Winship Cancer Institute

How does it work?
The challenge lasts 12 weeks (January 10th - April 1st.) Team captains will form teams of 4-8 participants and will be oriented prior to the challenge. Team captains will register their team through FSAP. We have an official group weigh-in on January 10th and an official group weigh-out on April 1st. (Please note: If you cannot participate in the group weigh-in or weigh-out, you will be able to schedule an alternative time.)
W³ Challenge—Just in time! \textit{Cont’d}

Only W³ Challenge coordinators (from FSAP) will know what you weigh. This information will be kept confidential and private. Each participant will receive a starter pack and weekly email updates. There is no cost to you!

FSAP will also offer informative workshops to help you meet your goals. Your team will earn points based on your attendance at the W³ Challenge workshops during the competition. Winners are determined by the highest percentage of total weight loss per team (not the highest number of pounds) as well as attendance at the W³ Challenge workshops. \underline{Prizes are awarded to each team member of the top 3 winning teams!}

Registration is open to all Emory University School of Medicine Staff and Faculty. Requirements for participating in the W³ Challenge are 1) Participate in the two official weigh-ins* and 2) Report your weekly weight gain/loss to your team captain(s).

*PLEASE NOTE: Weigh-ins and workshops will take place in the School of Medicine building.

While the W³ Challenge is not a specific weight loss program, it is designed to provide support, education, and resources to participants with the goal of helping the Emory School of Medicine community (and university as a whole) to be healthier and feel better. Take this opportunity to work together, share ideas, learn, and grow with your colleagues!

\underline{Spaces are limited! Look for more information and registration information coming to your inbox next week!} Contact Melissa Morgan at mmorga6@emory.edu with FSAP for more information.

Leadership Book Club

Designed for mid-managers, each semester we will read and discuss a short management book. After reading the book, you will attend three one-hour brown bag lunch-and-learn discussions about the book.

This is generally what it will look like:
- February 8th – discuss the book
- March 9th – discuss how the content applies to your position in Emory SOM
- April 14th – action planning (what are you going to do with what you have learned?)

Ideally, you will attend all three sessions. Attend at least two sessions and keep the book. If you are only able to attend one session, that’s ok, however you will be expected to return the book for the leadership development library so that others can benefit from the resource.

There are limited seats, so consider if this is something you would be interested in and if you can make the commitment to read the book (it is short) and attend the three sessions.

This Spring we’ll read \textit{QBQ! The Question Behind the Question} by John Miller.* \underline{Register for each} of the three sessions in PeopleSoft ELMS. *Search: SOM Leadership Book Club

If you have questions, please contact Christie Kuropatwa (ckuropatwa@emory.edu).