

Contagious You **Discussion Questions** **Parts 3 - 5**

Discussion Questions:

- *Anese Cavanaugh* describes your bubble as your energetic space. "... made out of whatever you wish and filled with your energy." What is your bubble, and how does it help you create boundaries at UMass Chan?
- *Cavanaugh* writes that a core part of the leadership journey is learning how to stand and unlock one's power from the inside out. How can you stand out at UMass Chan, and what do you consider your inner powers?
- *Cavanaugh* mentions that "...simple awareness, being present, knowing we are contagious....is part of the magic sauce to be contagious." What do you think is your magic sauce, and why?
- How does one become a model and catalyst for trust?
- As you reflect on the core principles discussed by *Anese Cavanaugh* in *Contagious You*, what three takeaways or actions do you intend to take to become more positively contagious?