

**Cultivating Diversity, Equity, and Inclusion, One High Five at a Time:
Join Our Book Club Discussion on ‘The High Five Habit’ by Mel Robbins**

The Office of Diversity and Inclusion, Materiel Group, National Defence, invites you to our second book club meeting centred around Mel Robbins' empowering text, "The High Five Habit." Join us as we discuss this work and explore its profound relevance to our goal of cultivating diversity, equity, and inclusion (DEI) within the workplace.

"The High Five Habit" is a dynamic, intuitive, and instructive guide that reveals the transformative power of celebrating others through a simple gesture: a high five. This fascinating read offers critical insights for developing our communication skills, building stronger interpersonal relationships within our spaces, embracing the diversity that underscores the fabric of our work environment and our society at large, and cultivating a psychologically safe and inclusive environment where people's authenticity and uniqueness are recognized and valued.

As members of the federal public service, we are steadfast in our commitment to serving our diverse society and ensuring equitable opportunities for all. By coming together to discuss "The High Five Habit," we not only intentionally carve out space and time to engage with the principles behind DEI but also explore practical ways to implement them in our daily work lives.

During the book club meeting, we will engage in lively discussions, exchange knowledge, and draw inspiration from the book's lessons. Together, we will discover how a simple gesture like a high five can incite positive change, foster collaboration, and create an inclusive work environment where everyone feels heard, respected, and valued.

So, we invite you to participate in this enriching and timely event, to bring your authentic and unique perspectives and insights, and to contribute to the collective growth and advancement of diversity, equity, and inclusion in the federal public service.

Date: September 7, 2023

Time: 10:30 am - 11:30 am EDT

Together we will read 6 books a year and explore the following questions:

- What challenged you in the book?
- What did you enjoy about the book?
- And, how do you relate what you read to our organization?

Everyone is welcome to join The Book Club. A Book Club creates an intentional space and time to discuss topics related to diversity, equity, and inclusion (DEI) in the workplace. We look forward to including you in our Book Club! Inclusions means everyone, always.

Our next books are:

- Frequently Asked White Questions - discussion on October 5, 2023
- Beyond Pronouns: The Essential Guide for Parents of Trans Children - discussion on December 7, 2023
- Amazing Black Atlantic Canadians: Inspiring Stories of Courage and Achievement - discussion on February 1, 2024

To join the Book Club and make suggestions for future book club reads, fill out the form here:

<https://forms.office.com/r/tuZwz0Dp50>