# Feeling Seen: Reconnecting in a Disconnected World



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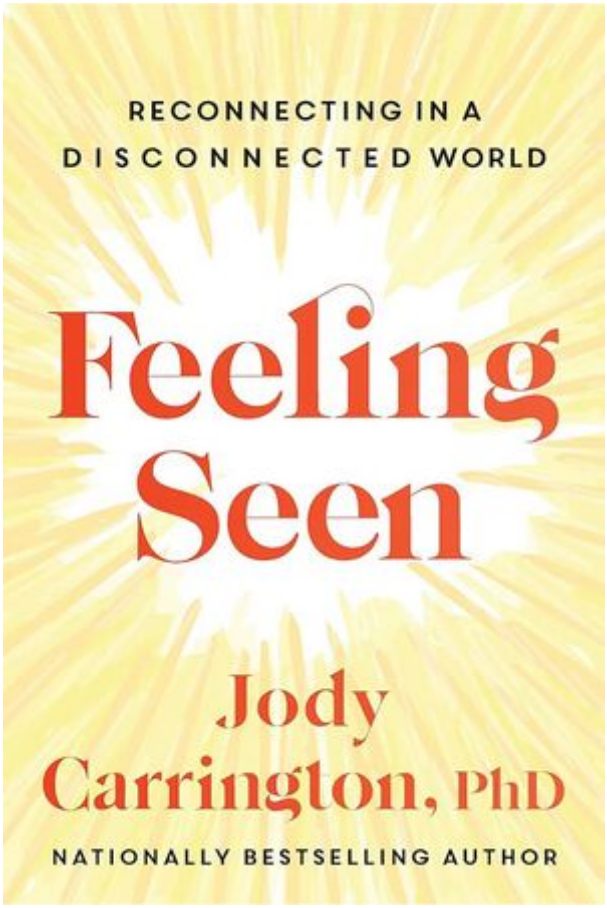
# Join Our Book Club Discussion on 'Feeling Seen: Reconnecting in a Disconnected Work' With Author Jody Carrington



Join us for an engaging conversation with author Dr. Jody Carrington on her book, "Feeling Seen: Reconnecting in a Disconnected World." This meeting is co-hosted by Samantha Moonsammy, Section Head, Diversity and Inclusion Office, Materiel Group, and Keri-Lee Doré, Director, Land Procurement. We invite you to bring your authentic selves and insights to this conversation as we explore Jody's book's profound relevance to cultivating resilience, harmony, and psychological safety in the workplace. Let's read and learn together. Everyone is welcome to the conversation. Feeling Seen examines how and why humans are so disconnected right now, worse than we have been in the history of the free world. Dr. Jody looks at how we got so lost and all the soul-ripping contributions to a disconnected world. Then, Jody deciphers with the reader a road map back home and back to each other to discover how the simple act of acknowledgment can change the

world. And then she unpacks the hardest part: when we (inevitably) lose our way again. During this activity, we will engage in lively discussions, exchange knowledge, and draw inspiration from the book's lessons. Together, we will discover how we can foster collaboration and create an inclusive work environment where everyone feels psychologically safe, heard, respected, and valued.




Join us on December 5 for a meaningful event to share your unique insights and support the advancement of diversity, equity, and inclusion at Defence Team the Federal Public Service.

**Date: Thursday, December 5, 2024**

**Time: 1:00 pm - 2:00 pm ET**

**Join the discussion (https://teams.microsoft.com/l/meetup-join/19%3ameeting_MjlmNTEyMjctY2l3NS00MzFiLTg1YjYtMzgyOTQ1NmJjZDVi%40thread.v2/0?context=%7b%22Tid%22%3a%22325b4494-1587-40d5-bb31-8b660b7f1038%22%2c%22Oid%22%3a%22905de883-ee9c-42a6-bfee-cc866f97f03e%22%7d)**

# Recording

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# About the Diversity and Inclusion Book Club

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

- February 6, 2025 - Indivisible: How to Forge Our Differences into a Stronger Future with author Denise Hamilton

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

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

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