

Start Something

CHANGE YOUR LIFE FOR THE BETTER

EMPLOYEE
SUPPORT
PROGRAM
DEC 2015



The New Year means a new opportunity to make changes in your life. Instead of just making resolutions, why not try a personal development plan? A personal development plan helps you focus on where you are in your personal life and career, where you want to be, and the goals you need to accomplish to get there. Your Employee Support Program can help you develop your own plan with examples, resources, and information on goal setting.

Available anytime, any day, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life

WEBINAR

Creating a Personal Development Plan

Dec 15th — 12 pm, 2 pm ET

Learn to recognize types of goals and understand effective goal setting. Explore potential obstacles that can create barriers to reaching your goals.

TOLL-FREE: **800-346-0110**

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