

GPS!

Charting a course to reach your goals



Setting goals gives you focus, a way to measure your success, and motivation to avoid getting distracted. Simple strategies like writing goals down, sharing them with others, and giving yourself a time limit will help keep you on course. Your Employee Assistance Program can help you find ways to achieve your goals.

ONLINE SEMINAR

Creating a Personal Development Plan

Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals.

Available on demand starting September 18th:

VISIT: www.sandcreekeap.com

CLICK: Work Life Wellness Login

ENTER COMPANY ID: *Can be requested via website

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