

MARCH: ATTITUDE ADJUSTMENT

The real powers of positive thinking

MONTHLY WEBINAR

Emotional Intelligence for Success

Thursday, March 18, 2010

12:00 p.m. - 1:00 p.m.

What's your EQ? Emotional Intelligence helps us to recognize and understand feelings and how they affect our behavior and those around us. Attendees will learn how to identify hot buttons, triggers, and avoid emotional roller coasters to help promote success at home and at work.

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break/lunch time, you can view it later online.



RESOURCES: CONSULTANTS AND WEBSITE

Having a positive attitude is more than just seeing the glass half full. A positive outlook inspires confidence and is a good indicator of workplace success. People with a “can do” attitude are more likely to be hired and promoted. We can assist you with resources to help turn your attitude around.

Your NYS-Balance service is always available to provide resources, information, and referrals to help make life less complicated for you and your family.

Call or log on to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.state.ny.us.

David A. Paterson, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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