



EMPLOYEE ASSISTANCE PROGRAM

MAY 2017 – Organization, Time Management and Goal Setting

Carolinas HealthCare System's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the Organization, Time Management and Goal Setting webinar include:

- Tips for organizing your home and office
- Understanding the goal setting procedure and how to set different types of goals
- Learning ways to enhance your time management skills

For your convenience this webinar will be held on varying days and times during the month.

Dates

May 2, 2017

May 10, 2017

May 18, 2017

Times

9:00 – 10:00 am

Noon - 1:00 pm

1:00 - 2:00 pm

Advance registration is required.

Please call:

704-355-5021

for reservations.

Carolinas HealthCare System's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact Carolinas HealthCare System Employee's Assistance Program at **704-355-5021** or **800-384-1097**.



Carolinas HealthCare System