

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 Support 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.

Visit your home page starting Sep. 18th:

www.uhs.net/EAP

USERNAME: CVCS D
PASSWORD: employee
TOLL-FREE: 866-649-2392
COUNSELING: 800-445-3569
607-763-6474

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

If you do not know your sign-on information, please call (607) 763-6474.

