Respect and appreciation go a long way, especially in the workplace. This month’s LifeNotes discusses how to show respect and appreciation for those around you, its importance in the workplace and how to appropriately recognize others. February’s articles provide insight to reflect how we show gratitude.
Good for you. Good for others.
The importance of showing appreciation and gratitude

Read here

Watch:
Exploring heart healthy foods

Watch here

Well @ Work:
Expressing gratitude in the workplace: Show your appreciation the way your colleagues want it

Click here

Want to talk to someone for more help and resources? Call us at: 866-219-1232

Are you a manager? Don’t forget that our team of professionals is here to support you with leadership challenges. You can call in for help with personal development or team management, or learn more online.

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