

NAVIGATING LIFE

Charting a Course to Reach Your Goals



September 2018

Establishing clear, attainable goals for yourself is the first step in achieving them. SupportLinc can help with articles on time management, audio on goal-setting, an eLearning on effective communication and downloadable budget forms. No matter what your ideal future looks like, SupportLinc can help you get there.

SupportLinc provides confidential counseling, resources and referrals to help you balance work and home.

WEBINAR

Creating a Personal Development Plan

Available on September 18

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

**SUPPORT FOR EVERYDAY
ISSUES. EVERY DAY.**

PHONE

1-888-881-LINC (5462)

Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

www.supportlincmap.com

Username: peht
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MEMBER ASSISTANCE PROGRAM