NYS Balance
Resources for Work & Life

FOR NYS EMPLOYEES

www.nysbalance.ny.gov
Username: nys • Password: balance

DECEMBER: RELATE AND COMMUNICATE

Focus on healthy communication

MONTHLY WEBINAR

Say What You Mean the Right Way

Thursday, December 16, 2010
12:00 p.m. - 1:00 p.m.

The holidays are a time to come together, but when one of us takes something the wrong way, the festive spirit quickly fades. Keep the cheer in the holidays by learning strategies for successful communication.

BE SURE TO REGISTER IN ADVANCE

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 or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

"It's the most wonderful time of the year..." Maybe for Andy Williams, but for a lot of us, the overload of holiday gatherings with friends and family can create stressful situations. And sometimes that stress comes out the wrong way. Avoid holiday hostility with tips and resources to help you keep the conversation cheerful. Whether you contact a NYS-Balance consultant for live assistance, or log on to the NYS-Balance website, make use of the free support available 24/7 for these and other issues.

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.ny.gov.

David A. Paterson, Governor,
State of New York

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

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

Copyright © 2010
NYS Governor's Office
of Employee Relations

12/10

Toll-Free: 866-320-4760 TTY/TTD: 866-228-2809

life less complicated