

FEBRUARY: DO YOU HEAR ME?

Keeping the Lines of Communication Open

MONTHLY WEBINAR

The Art of Listening and Giving Feedback

Thursday, February 16, 2012
12:00 p.m. - 1:00 p.m.

Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.

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

Good communication is the foundation for healthy relationships, both at home and at work. Whether it's talking to your teen, asking your boss for a raise, or negotiating with a salesperson for the best deal, getting your ideas across is the key to success. We can help with a library of articles on good communication, training modules, self-assessments, and more.

Call or visit us online to get answers to your communication questions.

Please contact your Human Resources Office, EAP Coordinator, or Work-life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

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.

Andrew M. Cuomo, Governor,
State of New York

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

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