

DECEMBER: WHAT'S MY NEXT STEP?

Setting Goals for the Future

MONTHLY WEBINAR

Creating Your Personal Development Plan

Thursday, December 20, 2012
12:00 p.m. - 1:00 p.m.

Where do you want to be one, five, even ten years from now? Mapping your growth in the short and long term.

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

Get a promotion. Lose some weight. Buy a home. Creating a set of specific short and long-term goals is the best way to turn dreams into reality. With the coming of a New Year, it is the perfect time to take stock of where you are personally and professionally. We have the tools you need to create a plan for your future. With a library of articles, audio tips, a goal-setting assessment, and training modules on goal setting, you can take the next step toward achieving your goals.

Call or visit us online to get the answers to your goal-setting 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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