Taking Care of Yourself and the People You Manage

As a manager, part of your role is to encourage employee engagement and well-being. LifeWorks has resources to help you take care of yourself and your team. Contact a consultant for guidance on boosting engagement, managing stress and overload, and making health and well-being a priority.

This month:

- To help boost well-being and reduce stress, practice some of the guided exercises in our new Mindfulness Toolkit. Encourage your employees to do the same.
- Read articles such as Taking Care of the People You Manage and Succeeding as a Manager: Five Ways to Build a Resilient Team.
- Take some time to coach and mentor. It’s a key factor in engagement. Listen to our new audio tip, Coaching and Mentoring the People You Manage.

Be sure to take a moment to register for our Managing People newsletter if you’re not already a subscriber. Each month you’ll receive articles that will help you build your management skills, from articles on managing millennials to preparing for performance reviews.

Call LifeWorks at 888-267-8126 anytime.  
En español: 888-732-9020, TTY: 800-346-9188  
You can also visit www.lifeworks.com  
(username: university; password: dayton).