



ask!

ask!

asking for what you need

The first step to getting your needs met is being able to verbalize them. Learn strategies to ask for what you need from your partner, your family, or your workplace.

Your Employee Support Program can help with:

- Articles on communication, relationships, and workplace success
- Audio on assertiveness
- Skill builder training on Effective Communication
- Information on goal setting

CALL OR VISIT US ONLINE

TOLL-FREE: **800-634-7710**

www.team-mn.com

Click: Services

Click: Work-Life Support Options

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PASSWORD: **teameap**

Available anytime, any day, TEAM, your Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.

