

# GPS!

Charting a course to reach your goals



Establishing clear, attainable goals for yourself is the first step in achieving them. Make the positive changes you have been dreaming about by taking action.

Your Employee Support Program can help with:

- Articles on time management, healthy relationships, and weight loss
- Audio on setting realistic goals
- Skill builder training on effective communication
- Downloadable budget forms

**CALL OR VISIT US ONLINE**

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

**www.team-mn.com**

Click: Services

Click: Work-Life Support Options

Click: Work-Life Online Resources

PASSWORD: **teameap**

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

