



ask!  
ask!

ask!

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 Assistance 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: **800-633-3353**

[www.mygroup.com](http://www.mygroup.com) > My Portal Login > Work-Life

USERNAME: **organization specific**

PASSWORD: **guest**

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



**MYgroup**

McLAUGHLIN YOUNG