

**The Art of Expectation**

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

**TOLL-FREE: 800-633-3353**

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

**USERNAME: company specific**

**PASSWORD: guest**

**The perfect plan allows for imperfection**

Setting expectations is an art: Anticipating perfection results in frustration, but underestimating potential creates tedium.

We can help you set realistic goals, anticipate challenges, and remain flexible. These skills allow us to create realistic expectations with ourselves and others, so that we feel proud of what we've done, not frustrated by what we couldn't do.

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

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

**FEBRUARY 2020**

