

**Promote Yourself**

**Boost your career performance**

Public speaking. New software. Sharpened focus. Team building.   
What new skills could improve your work performance?

Whether you want to earn a new certification, register for an   
online course, or connect with a mentor, we can help you develop strategies to build your professional skills and relationships.   
Learn to move ahead without burning out. Let us tell you more.

**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**

**YOUR EMPLOYEE SUPPORT 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.

**MARCH 2020**

