

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Exercise: A Natural Stress Reliever

We know that exercise makes us feel good and helps relieve stress by producing endorphins, our body's natural painkiller. But what else can it do for us? To mention just a few of the benefits, exercise can improve immune function, prevent osteoporosis, and strengthen your cardiovascular system. Exercise is also a great way to prevent and control high blood pressure and Diabetes. How about for anti-aging? The single most important thing one can do to combat the effects of aging is Exercise!

Try This Class For Some Mind Body Relief:

Yoga/Pilates Fusion with Ginny

May 11- June 8th

12-1 on Fridays

2817 Cattlemen Rd, Conf Room B

Register on TRAC 1FIT3042

Using the FRS to Plan for Your Retirement

Admin Bldg, 1660 Ringling Blvd.

Large Training Room

June 7th, 8:30-9:30 a.m.

Register on TRAC

This retirement planning workshop provides an overview of the FRS and helps you understand the nuts and bolts of planning for your retirement. The workshop will demonstrate how everyday living expenses and inflation dramatically reduce your fixed retirement income. You will see the role the FRS Retirement Plans play in meeting your financial goals as well as the income gap that must be made up through saving and investing. You will leave the workshop with a full understanding of the ongoing financial planning resources available to you as a member of the FRS.

Life Balance Level 1: Sharpening the Saw

Wednesday, June 6th

1-4pm

2817 Cattlemen Rd, Room B

Register on TRAC: 1FIT 3011

This workshop will address some of the most important human behaviors required to achieve "life balance" on a regular basis. It is apparent that the process of enhancing behaviors and skills that lead to greater job satisfaction, autonomy, competence, and human stability begins with the understanding of cognition (thinking) and emotions. These ideas will become clear and compelling as we examine 3 important bodies of thought, Covey's habits of successful people, emotional intelligence, and cognitive behavioral theory.

Life Balance Level 2

Emotional Intelligence: A Different Kind of Smart

Wednesday, June 20th

1-4pm

Administration Bldg, 1660 Ringling Blvd.

Large Training

Register on TRAC 1FIT 3021

This workshop will investigate ten important competencies of Emotional Intelligence (EI), their meaning and value in the workplace, and strategies to strengthen these competencies. It will be demonstrated that enhancement of EI competencies is a sequential process beginning with Self-Awareness and progressing through Empathy, Social Expertness, Personal Influence and Mastery of Purpose. This workshop will set the stage for the more advanced exercises to strengthen EI in the Level 3 & 4 workshops. Prerequisite: employees who have completed Life Balance, Level 1.