

life

less complicated



TEXAS SOUTHERN UNIVERSITY

October



Put the Life Back in Work-Life

No matter how hard we try to achieve a “balance” between work and life, something always suffers—and it is usually life. Whether it’s staying later on-the-job, or checking e-mail on vacation, the boundary between work and home is not as clear as it used to be. This can lead to stress and even burnout.



Let us help you to take back control. Read one of our articles about stress and the workplace or communicating with your employer. Take a break with friends or family with discounted tickets to movies and other events in your area. Search for volunteer opportunities or resources for travel and other recreation. Let us help you put the life back in work-life.

Make sure you register for our webinar “10 Steps to Creating a Great Place to Work (Managers)” on October 21st from 1-2 pm and again from 4:30-5:30 pm EST. Studies show that employees join companies and leave managers. The work environment is more important than ever in retaining qualified and talented workers. This session will focus on the role of the manager in connecting with employees and creating a work experience that allows employees to be engaged and focused on their work.

You can register via our website at www.uteap.org. Click on Member Services to get to the member portion of our website. From there, click on WorkLife (on the left-hand side) and follow the link to access the log-in portion of the website. (Password: tsu.) The link for the Webinar will be under Events on the right-hand side of the page.