



Home of the
**Employee
Assistance
Center**

Wellness Wire

www.careofmacomb.com

Published by the staff at EAC to help employees with life management issues.

SUMMER 2006

Professional Development Training



Giving yourself the competitive edge.

When it's time for performance reviews this coming year, be prepared with the list of trainings that you have attended.

It is surely no secret that our attitude directly affects our work performance. When evaluating one's own attitude towards their current position, it is helpful to leave room for improvement possibilities. We may sometimes feel like we know everything that there is to know about our current job description; thus, we have reached a stagnant attitude towards our job. Realistically, with ever changing technology and management styles, we can always learn something new to help us with our current attitude towards ourselves— and consequently, redirecting our career paths. Professional Development Training is an essential First Aid tool to provide new life to your professional attitude and path.

Professional Development Training (PDT) involves an expert working with learners to improve in their current jobs.

There are many different types of PDT available out there. Some are no cost workshops, medium cost trainings and all-inclusive seminars. You can find the different options available to you through:

- The Employee Assistance Center
- Your H/R department
- Local business college
- Local library
- Local recreation center
- Internet search
- Online discussion groups, newsletters, etc.

The benefits of PDT are endless. On a personal level, you might feel uplifted by the art of learning. You might feel more competent and confident by arming yourself with updated professional knowledge. Personal satisfaction may result by skills being enhanced or improved in such areas as communication, computer, customer service, ethics, human relations, etc. Your investment will carry into your personal life through your confidence and increased knowledge.

On a professional level, the learning speaks for itself. An employee invests in themselves and may become a more vested and valued employee in their organization.

Professional improvement may be seen in areas such as:

- Job satisfaction and motivation
- Professional efficiencies, resulting in financial gain
- Technological advancements
- Increased innovation of strategies or products
- Token of commitment and longevity and dedication to the organization

A helpful plan to maximize the professional impact of your learning experiences may be to keep a "Development Log" to record every training, seminar, workshop that you attend. Include profession-related books that you have read and learning videos. Prior to your next performance review, submit your "Development Log" to your supervisor to be discussed at the review and kept in their employee file.

Personally and professionally, one can gain from investing in learning— by investing in themselves.

Mark your calendar for the 3rd annual



**August 11, 2006
8:00 AM—2:00 PM**

Explore the complex relationships between families, workplace & career development while learning how to break down barriers that interfere with productivity.

For more information, please visit our website or call

www.careofmacomb.com

866.888.1555

Kudos...



Security Month:

...to the helpful information provided to parents on the Warren Consolidated Schools' Web Site while promoting safety during the month of April, *Safety and*

What is your child typing?

Abbreviations Used in Instant Messaging:

- LOL = Laugh out loud
- F2T = Free to talk
- PAW = Parents are watching
- POS = Parents over shoulder
- ASL = Age/sex/location
- PA = Parent alert
- F2F = Face to face
- NAZ = Name, address, zip code

Shoreline in Michigan measures 3,000 miles, but some of the most beautiful is on the west coast of Michigan. The sunsets are magnificent from this side of the state. Traverse City is a famous vacation city in Michigan known for its cherry and wine production. The city is set at the base of Grand Traverse Bay (just inside the pinkie on Michigan's Mitten shape). Hanging out at the beach is a popular pastime, but golfing and shopping are right up there with beach bumming. Hundreds of shops and unique shopping districts make Traverse City appealing to bargain hunters looking for a little taste of northern Michigan. Sleeping Bear Dunes is a National Lakeshore that is located about 24 miles from Traverse City. It is a tough climb to make it to the top, but the views are spectacular.



Gas prices a problem? Visit Michigan's main attraction: Detroit, the birthplace of the motor vehicle. It is considered the city that put the world on wheels. Spend a day visiting the Henry Ford Museum, Greenfield Village, IMAX Theatre, and the Ford Rouge Factory Tour, which are located in Dearborn, Michigan. The Detroit Institute of Art and the Detroit Science Center are great day trips if you are looking for an educational and affordable day. How about finishing with Dinner in Greektown or Mexican town. To spice things up, a day trip over the Detroit River on the Ambassador Bridge, which links Detroit and Windsor, Ontario can be an adventure to kids. They idea of being in another country, if just for the day, is definitely a fun get-away idea!

*These are just a few ideas for the family to get out and discover Michigan. There are many other affordable weekend getaways to choose from. For more information or reservations please call :
AAA Travel at (586)465-9400.*

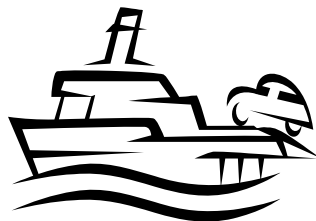


Affordable Michigan Weekend Getaways

(From AAA Travel)

Are you looking to visit some of the most beautiful Lakeshore, most pristine beaches, and numerous Historical attractions this summer? Look no further than our home state of Michigan. Travel in Michigan is not only diverse, it is affordable. Whether it is a weekend in Mackinaw, visiting Detroit and its surrounding attractions, or exploring the Western side of the State you can find something for everyone.

Take a journey back to the 1800's via ferry to historic Mackinac Island. The island is 3 miles long and 2 miles wide with high cliffs bordering the shore. To visit Mackinac Island you take a ferry from either Mackinaw City or across the bridge in St. Ignace. The island is, the only place in Michigan where cars are not allowed on the streets. Activities on the island include hiking, golfing, and shopping. The most popular items to shop for are the locally produced fudge and taffy. The island is a Michigan treasure and definitely a great weekend trip. You may wish to continue your colonial experience in Mackinaw City at Fort Michilimackinac, built by the French in 1715.



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Marital Tension—Emotional Problems
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Office Hours:
M, T, TH: 8:30 AM—9:00 PM
W & F: 8:30 AM—5:00 PM
Clinician on call 24/7

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