



Cigna Employee Assistance Program Presents:

ACHIEVING SUCCESS: USING GOALS TO GET THERE

How successful will you be? More than anything, the answer to that is up to you. In this seminar, you'll learn how to identify self-defeating habits that may be holding you back - and find out how to conquer them. And once you've identified what your goals are, we'll help you create an action plan to help you get started today.

Tuesday Jan. 26th or Thursday 28th 12:30pm-1:30pm

La Entrada 3d Floor West, 310 W Alameda St, Director's Conference Room

Tuesday Feb. 9th 11:00am-12:00pm or Thursday Feb. 11th 12:00-1:00pm

TOPSC 4004 S. Park, Building #1 Conference room #113-B

Tuesday Mar. 1st 11:00am-12:00pm or Thursday Mar. 3rd 2:00-3:00pm

TPD 270 S. Stone, 1st floor assembly

**No matter what you need, chances are we can help.
Best of all it's free.**

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