

Momentum



Join the live webinar on Wednesday, September 25 at 1: 00 p.m. CT, *Coaching employees to improve performance and engagement*. Learn how to boost your skill set for helping others reach peak performance. Scan the QR code to register today.

Performance coaching

As a supervisor or manager, you are the most powerful factor in building employee motivation, productivity and positive morale. Performance coaching can help you do that.

- Performance coaching can help you build a strong relationship with your employees, which can lead to increased productivity and engagement.
- Performance coaching can help you identify and address performance issues early on, before they become major problems.
- Performance coaching can help you provide constructive feedback to your employees, which can help them improve their performance.
- Performance coaching can help you motivate your employees and encourage them to take ownership of their work.
- Performance coaching can help you create a positive work environment where employees feel supported and valued.

Counseling*

Magellan Healthcare offers counseling services to help you manage stress, anxiety, and other mental health concerns. For more information, visit our [member website](#).

*If available through your program.



Mind Your Mental Health

Suicide Prevention Awareness Month

This is a good time to pause and reflect on the health and wellness of those around us, and to be aware of how someone at risk for suicide may need another person to intervene on their behalf.

- **Recognize the signs and symptoms of suicidal thoughts and behaviors.**
- **Know how to get help for yourself or someone you are concerned about.**
- **Be direct and ask if someone is suicidal.**
- **Listen and show empathy.**
- **Do not promise secrecy.**
- **Do not leave the person alone.**
- **Remove access to lethal agents.**
- **Get professional help.**

Physical wellbeing – Fitting physical activity into your day

- **Engage in physical activity that you enjoy.**
- **Set realistic goals.**

September 2024 financial webinars

Planning for College 101

- **Understand the costs of college.**
- **Explore financial aid options.**
- **Learn about tax benefits for education.**
- **Understand the importance of saving for college.**
- **Learn about the impact of student loans.**

Sources: U.S. Office of Personnel Management, National Institutes of Health/National Library of Medicine, Appraisd.com, BetterUp.com.