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The initial training new employees received used to be called orientation, but the new term is "onboarding." According to the SHRM Foundation, "Research shows that organizations that engage in formal onboarding by implementing step-by-step programs for new employees to teach them what their roles are, what the norms of the company are and how they are to behave are more effective than those that do not."

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Motivated Minute
Quotes to Inspire

"Success is finding satisfaction in giving a little more than you take."

Coaching Corner
Joel's Words of Wisdom



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~ Christopher Reeve

"Leadership – leadership is about taking responsibility, not making excuses."

~ Mitt Romney

"Opportunities are usually disguised as hard work, so most people don't recognize them."

~ Ann Landers

Are You Suffering from Burnout at Work?



Are you more irritable and less patient with others? Do you feel disillusioned and no longer derive satisfaction from your accomplishments? Have your sleep or eating habits changed? Are you experiencing headaches or neck or lower back pain? If you answered yes to any of these questions, you might be suffering from job burnout.

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