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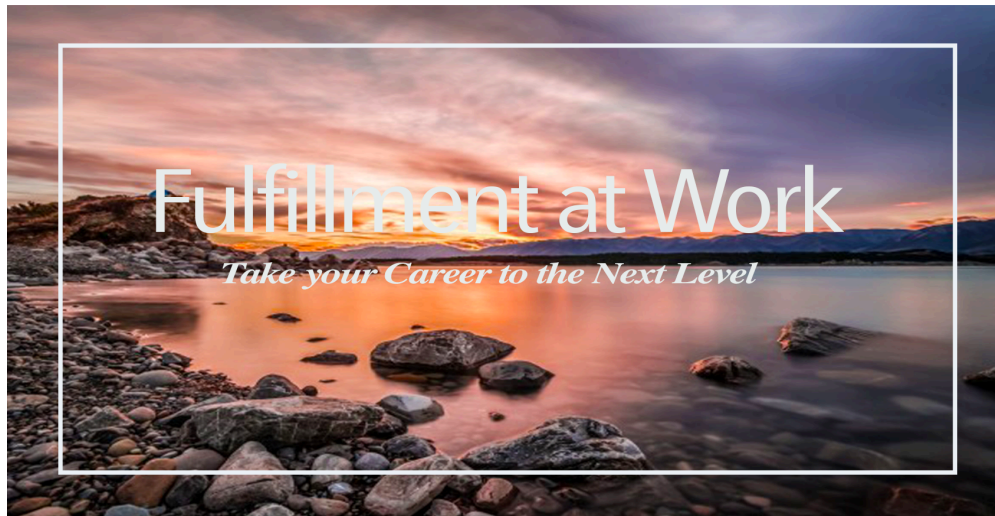
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## **Reclaim your authentic self by learning how to keep it real**

The past two years has caused many of us to get lost in the struggles of everyday life. Here is an approach to restore your energy, vitality and reclaim your authentic self...

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## **Lessons in leadership and well-being from Bill George**

Across the challenges of the past 15 months, we've seen many of our colleagues and clients embrace the importance of well-being. In the edited excerpts that follow, we share some of Bill's most memorable insight and advice from the session...

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## **How to Become Your Boss's Favorite Employee**

Although you may be a star employee, completing projects correctly and meeting deadlines, you may be missing out on getting noticed. By becoming your boss's favorite, you can get noticed by other important company leaders. Learn the 7 steps to becoming your boss's favorite employee...

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## **Don't make these 3 mistakes when applying for a remote job**

Even though the number of job openings is near an all-time high, landing a remote job requires different strategies that, if missed, could stall your remote job search. Here are the three biggest mistakes to avoid and how to catch a recruiter's eye...

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## **Times are edgy, workmates are more beligerent - so how do we learn to get along?**

Conflicts at work are nothing new, but researchers are finding that they may be happening more often than usual. We're supposed to be working together, not against each other. We

asked experts how we should deal with conflicting co-workers or clients in order to build good working relationships...

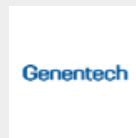
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- **The Workplace is the No.1 Place to Find Love:** It's often thought that office romances can be disruptive, but with so much of it going on you might as well just roll with it. 71% of workers say they don't care whether any of their colleagues are having an office romance, and 89% say it's "none of their business". (Glassdoor)
- **Over a third of people said their job was a regular source of stress in 2018:** Everyday Health's 2018 workplace stress stats show that over 30% of all respondents marked their job careers as regular causes of stress. Among Millennials and Gen Z, this statistic jumps to 44%, further proving that stress is on the rise among younger generations and presents a larger global problem than it did 20 or 30 years ago. (Everyday Health)

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*"I never did anything worth doing by accident, nor did any of my inventions come indirectly through accident, except the phonograph. No, when I have fully decided that a result is worth getting, I go about it, and make trial after trial, until it comes." ~Thomas Edison*

*"Don't waste your energy trying to educate or change opinions; go over, under, through, and opinions will change organically when you're the boss. Or they won't. Who cares? Do your thing, and don't care if they like it." ~Tina Fey*

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