

heartbeat

January 2021 Newsletter



Helpful Resources

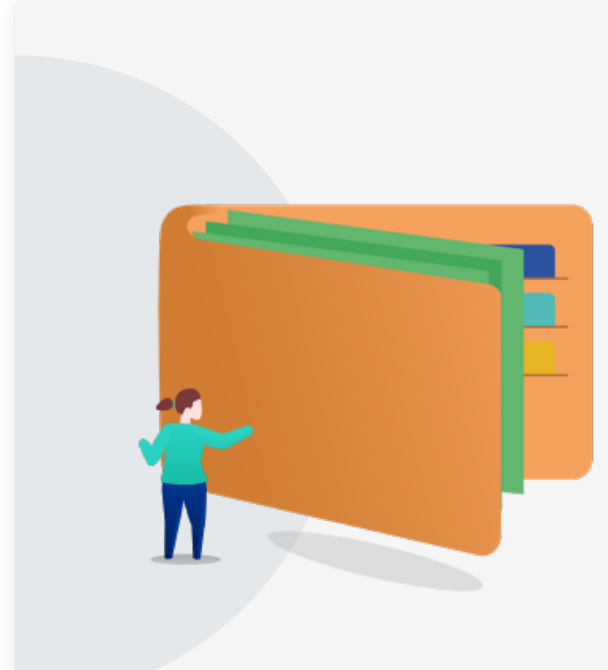
Have you seen our 2021 Wellbeing Calendar yet? Click [here](#) to access the calendar for your region and get a look ahead to a full year of themed content.

Check out [Workplace Learning Solutions](#) to help support you with training during the COVID-19 pandemic.

Creating a New Financial Plan for the New Normal

The COVID-19 pandemic has left many people worrying about their financial future due to job losses and debt. This month, we'll feature resources for developing a financial plan to help get you through difficult times and beyond.

Money



Keeping Your Financial Future in Check

Many people put off a long-term financial plan because they believe they can't afford it. The reality is most can't afford not to.


[Read More](#)

Money

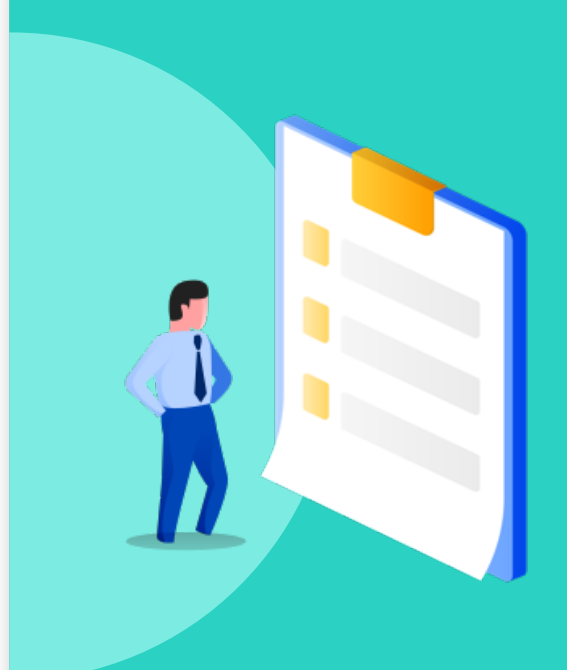
Maintaining Financial Wellness During a Major Life Incident

Financial experts advise us to plan for a financially difficult situation, such as a layoff, medical emergency, or unexpected repairs.

[Read More](#)



People Leader's Corner



Preparing for a Performance Appraisal as a Manager

To be most effective, performance appraisals should be an ongoing process. Frequent communication provides opportunity to build a rapport and to manage issues as they arise.


[Read more](#)

Recommended for you

Video

Financial Planning — Overcoming Obstacles

[Click here](#)



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