

One Source EAP Connections

The Power of Compliments

January 2023

Happy 2023 from One Source EAP! Many of us are in resolution-making mode, so consider one that will improve the year for both you and those around you - resolve to give at least one compliment every day.

Compliments are very powerful, as they:

Motivate - When you tell someone they are doing a great job, it can inspire them to work even harder and do an even better job. Research finds compliments may be even more motivational than a financial bonus. (Not kidding!)

Increase Happiness - Compliments make *both* the recipient and the giver happier. They help build trust and strengthen relationships.

Improve the Workplace - There is an undeniable link between employees giving each other compliments and feeling more positive about the workplace.

If you'd like help getting started, [register](#) for our January, system-wide seminar, "The Power of Compliments." All employees are invited and encouraged to attend.

If difficulties arise that interrupt your sleep or disrupt your day, One Source EAP offers free and confidential help to sort through challenges before they become crises.

Call One Source EAP at **(800) 300-0628**. Calls are answered 24/7/365 and are *completely confidential*.



New for '23! Monthly EAP Seminars for ALL Employees

Once a month, we'll address a mental health related topic with a 30-minute seminar. [Register](#) for one or all.

January - The Power of Compliments

February - Random Acts of Kindness

March - Happiness

April - Humor

May - Mental Health Awareness

June - Men's Health

July - Self-Care

August - Friendship

September - Self-Improvement

October - Smiling

November - Care for Caregivers

December - Make Up Your Mind

Have We Got A Seminar For You!

One Source EAP is known for offering a wide range of seminars and workshops and seminars for teams to address specific needs of a team. Many organizations request the same or similar topics to bring fun and wellbeing to their workplace. With this in mind, we've chosen 12 topics to celebrate and offer to all employees on the 3rd Tuesday of each month at 4:00 PM. [Click here](#) to register and join us.

As always, you can request a particular program for your specific workgroup. Check out our [seminar page](#) to review the list. To request a seminar for your team, [click here](#).

