

Moderated Discussion Groups for...

Individuals who want to “shine at work” and excel in their careers

LifeCare offers free career development discussion groups that are conveniently accessible online through your member site. Join us to:

- Learn strategies for improving skills, advancing your career, and performing to your potential
- Share your own experiences and interact with others who are striving to advance in their careers.

Upcoming *Shine at Work* Discussion Groups

Mark your calendar for these all-new monthly sessions during first quarter of 2011 and remember to register each month for the topics that interest you. All you need is an Internet connection and a phone and there is never any cost to you.

- **Goal Setting:** Start the year off right by learning how to set and achieve new goals.
Thursday, January 20th at 1pm EST
- **Motivation is an Inside Job:** Don't miss this informational and inspirational session on how to create a self-motivation plan for success.
Thursday, February 17th at 1pm EST
- **Body Language:** Learn how to read non-verbal cues and body language and how to respond appropriately.
Thursday, March 17th at 1 pm EST

About the Facilitator: Linda Dominguez

Linda Dominguez, the CEO of Executive Coaching and Resource Network, provides coaching and training in leadership, strategy, executive development, and improved performance. One of the most widely recognized coaches in the world, Linda has been featured in magazines and newspapers, has appeared on radio and television, and has written two best-selling career books.



“The presenter did a great job... She provided some solid advice on how to take charge of a career; possibly more impressive was her ability to address the concerns and situations brought up by the participants.”

— Discussion Group Participant

Visit the LifeCare member site at www.aetnaeap.com to join our Discussion Groups

Log on to www.aetnaeap.com

- Select “Aetna EAP” from the drop-down menu
 - Enter your Company ID
 - Click the **LifeCare** link in the left navigation bar
 - Under **Interactive Resources** on the right navigation bar click **ATTEND** to join a live monthly webinar!
- Select **Discussion Groups** on the right side of the home page