

Advice you can count on.



Staying Connected

As the year draws to an end, it's a great time to focus on the things that are important, like connecting with family and friends and renewing old ties. Whether you're planning an upcoming family gathering or just trying to get through your 2011 to-do list, LifeWorks can help. Consultants are available 24/7 to help you navigate personal and work concerns, put things in perspective and manage your time during the upcoming busy season.

Listen to our podcast, Time Together, to learn about ways to stay connected with extended family. And be sure to listen to our latest podcast, Words of Wisdom, featuring tips from experts that will inspire, motivate and guide you.

You can also read or download these articles:

- *Managing Holiday Stress*
- *Keeping in Touch with Friends*
- *Across the Generations: Sharing Family Stories and Histories*
- *Celebrating Holidays as a Stepfamily*

Be sure to sign up for our monthly newsletters which feature articles on timely topics all year long. If you're not already a subscriber, sign up today!

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