

# heartbeat

August 2020 Newsletter



## Helpful Resources

Discover [CoachNow](#) and learn why taking care of your mental health is more important than ever. Coaching helps people find resilience and the capacity to thrive during crisis. [Learn more.](#)

[Workplace Learning Solutions](#) is here to help support you and your organization with training during the COVID-19 pandemic.

Join the [Heartbeat Webinar Series](#) for this month's topic — [Manager's Toolkit – Key Manager's Skill Sets for Today's World](#) Wednesday, Aug 19, 2:00 pm EDT. Also available to view anytime beginning on August 20.

## Making the Most of Your Career

It doesn't matter if you're a manager or you've just started working, learning how to advocate for yourself, and grow are key to advancing in your career. Learn how to ask for feedback, network to open up opportunities, and develop new skills to help you perform better.

### Work



#### Networking for Your Job or Career

Learn how polishing your networking skills and seeking opportunities to network can help you achieve your career goals by increasing your access to experts, information, and opportunities.

[Read More](#)

### Work

#### Re-energizing and Re-focusing Your Career

Satisfaction, security, and fulfillment can at times be difficult to achieve—especially with the disruption to regular working life caused by the COVID-19 pandemic. Fortunately, for those willing to work at it, there are tried and true ways to a more satisfying career.

[Read More](#)



### People Leader's Corner



#### Making the Transition to Management

Much of your success as a manager will depend on the relationships you build with peers, employees, and company leaders. To succeed, you will need to earn the respect of all these groups, and you must now learn to think like a manager as well.

[Read more](#)

### Recommended for you

#### Video

Mentors Help Us Learn and Grow

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