



inConfidence

March feature – Work and Career Boosters

Looking for ways to boost your career? Whether you're just starting out or have been working for years, **inConfidence** has resources to help you improve your productivity, advance professionally, and succeed in today's fast-paced workplace.

Log in any time to www.myinconfidence.ca to access helpful online resources. This month:

- Listen to a new podcast, [How to Succeed at Work](#), featuring Kevin Kruse, *Forbes* contributor and bestselling author of *15 Secrets Successful People Know About Time Management*. He shares tips on how to be highly productive, stay motivated every day, and be a star team player.
- Read articles like: [Choosing a Career Counsellor or Coach](#), [Keeping Your Skills Current at Work](#), [Managing Your Career](#), [Communicating at Work](#), [Networking for Your Job or Career](#), and [Project Management Tips](#).
- Follow along with these brief guided exercises when you're feeling stressed or could just use a short mental break: [Mindfulness Zone at Work](#), [Quick Stress Reducers](#), and [Purposeful Pause](#).

Remember: You can contact **inConfidence** toll-free, 24/7, to connect with a consultant for expert advice and strategies to help you deal with personal or professional concerns. Talking things over with a professional can help.

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).

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