

Getting Ahead at Work and Home is Easier Now

Do you struggle to pay bills or have challenges such as finding reliable childcare, affordable healthcare, or transportation?

Life's struggles often affect job performance.

If you are stressed at work due to worrying about and dealing with emergency situations, it can lead to attendance and productivity issues. Why let these issues stop you from excelling at your job? Solve your challenges and move on to goals that can achieve your dreams.

What others are doing to get ahead. An

example of how some employees are working with trainers through Employer Resource Networks® nationally include the *Getting Ahead* workshop by aha Process. In 16 sessions, *Getting Ahead* participants learn how to better understand "hidden rules" that can open the doors to new relationships and resources. They also explore the impact that their financial situation has had on them and complete a self-assessment of their

Work together with your Success Coach:

- ◆ Identify challenges
- ◆ Explore goals
- ◆ Assess resources
- ◆ Apply for resources/training



own resources, make plans to build their resources, and more.

Assessing your resources. Think about the resources that you have to succeed at both work and home. What resources could you grow through company, community and government resources?

11 Essential Resources

- ◆ Financial
- ◆ Emotional
- ◆ Mental/Cognitive
- ◆ Language/Formal Register
- ◆ Support Systems
- ◆ Physical
- ◆ Spiritual
- ◆ Integrity and Trust
- ◆ Motivation and Persistence
- ◆ Relationships/Role Models
- ◆ Knowledge of Hidden Rules



Success Coach insight.

"*Getting Ahead* makes a huge impact on those individuals that I work with because they are able to identify their 11 Essential Resources, and are held accountable with SMART Goals," said Heath Ring, Success Coach for the Marion Matters ERN in Ohio.

"The training helps bring stability to employees and their families so they can better handle challenging situations that arise."

Employer feedback.

Employers like *Getting Ahead* graduates because they know they are examining their barriers and finding solutions through their Success Coach. They can see a desire for self-improvement which leads to overall company success.

Lakeshore Employer Resource Network

Our goal...

Creating access and resources for employee success at work and in life. We partner with employees who work for:

Member Companies

- ◆ Busche Aluminum Technologies
- ◆ Global Technologies
- ◆ Holland Hospital
- ◆ Lake Wood Nursing & Rehabilitation Center
- ◆ Lauren Manufacturing
- ◆ Light Corporation
- ◆ ODL, Inc.
- ◆ Tennant
- ◆ Trendway Corporation

Strategic Partners

- ◆ AAC Credit Union
- ◆ Grand Haven Area Community Foundation
- ◆ Michigan ERN
- ◆ Ottawa County DHHS

Your Success Coach can help. If your ERN's Success Coach program doesn't offer *Getting Ahead*, meet with your Success Coach and let them know that you would like to work together to identify your challenges, explore your goals, assess your resources, and apply for resources and training.

Source: Michigan ERN

Christopher Way, Success Coach
Chris@ERNSuccessCoach.com
616-836-4712

Busche Aluminum Technologies

14638 Apple Dr, Fruitport
♦ Tuesday: 11:30am-3:30pm

Global Technologies

18683 Trimble Ct, Spring Lake
♦ Tuesday: 7:00am-11:00pm

Holland Hospital

602 Michigan Ave, Holland
♦ By Appointment

Lake Woods

1684 Vulcan St, Muskegon, MI 49442
♦ Wednesday: 7:00am-11:00am

Lauren Manufacturing

17155 Van Wagoner Rd, Spring Lake
♦ Wednesday: 11:30am-3:30pm

Light Corporation

14800 172nd Ave, Grand Haven
♦ Thursday: 7:00am-11:00am

ODL, Inc

215 E Roosevelt Ave, Zeeland
♦ Monday: 11:30am-3:30pm

Tennant

12875 Ransom St, Holland
♦ Monday: 7:00am-11:00am

Trendway

13467 Quincy St, Holland
♦ Thursday: 11:30am-3:30pm

Walk-in Welcome

Call, email or text for appointments.
Off-site meeting locations available.
Request additional times if needed.



www.ern-mi.com

Save Money this Summer on Gasoline

Are you looking forward to roads trips this summer and need to plan your budget? Your trips will cost significantly more this year as gasoline prices continue to climb.

The national average. Regular gasoline is now \$2.96 - that's \$.59 a gallon more than last year and the highest price going into a Memorial Day weekend since 2014. There are a few things you can do to save money.

Don't carry cargo on the roof unless necessary. Anything that increases the car's aerodynamic drag will make the engine work harder and burn more fuel - even an empty bike rack.

Keep tires properly inflated. Under-inflated tires will have a modest impact on mileage, but they can greatly compromise the car's handling and braking.

Don't buy premium gas if your car doesn't need it. Most cars are designed to run on regular gas. Premium fuel is for sports cars and luxury vehicles with high-performance engines.

Sparingly use the AC. Using the air conditioner reduces fuel economy. The impact grows as the outside temperature rises and the AC system needs to work harder. Based on its road tests, Consumer Reports says expect a drop of from 1 to 4 mpg with the AC running.

Don't leave the car running. When your friend runs in to the store, turn the engine off while you wait.

Source: www.nbcnews.com;
Michigan ERN

Beyond the Chaos: "To Do" Lists

Do you feel so overwhelmed and busy with no time to make "To Do" lists? Just try it, It will be worth the trouble!

Are you forgetful? If you feel like you have so much on your plate, and you can't remember everything you have to do, making lists could be very helpful.

Daily chaos inhibits planning. If you are often trying to get through your day just putting out fires and too stressed to prioritize, you will never get out of the cycle.

Take the time to sit down and plan. Take a few deep breaths, go somewhere quiet. Feel good that you are making an effort to get on top of things.

Start with critical items. Write down things that need to be done now or in the next few days such as bills, car repairs, leaking pipes or grocery shopping. If there are critical items in which you need assistance, contact your Success Coach. They can help get the resources that you need.

Items over the next few weeks. What are things that need to be done that aren't critical, but important in keeping your household running, your kids doing what they need to, and your personal business in order?

Move on to goals for next month. Once you have things under control and are updating your list daily, think about goals that you have over the next month and beyond.

Make a separate financial "To Do" list. Order your bills by due date and divide them by paycheck. Include company/person, amount and allow delivery time. Meet with your Success Coach to set up a budget or online checking. Source: *Michigan ERN*.



Philosopher's Square

"The secret to getting ahead is getting started." — *Mark Twain*