

Happy New You! What Will You Achieve & How?

Whether you are in a crisis or looking to achieve a long-term goal, utilizing your Success Coach and the tools they offer can help any employee at any level achieve the success they desire.

What do you want to accomplish? Begin by setting meaningful, achievable goals. Start with any immediate challenges such as affordable transportation, housing and childcare.

“Your Success Coach can assist you with every step, supporting you throughout the entire goal process, and helping you stay focused.”
- Kelli Adams, Success Coach

Then think about your goals for this year. You may have goals that could stretch out longer than a year such as education or debt elimination.

Which steps will get you there? A goal can seem so overwhelming you may find yourself



doubting it can be achieved. Break down a goal into small steps with an action plan for each. This makes achieving goals more manageable and less stressful.

Know you are capable and worthy. No matter what you haven't been able to accomplish in the past or mistakes you feel you've made, this is a new year - make it your best one yet. Don't be afraid to go after that dream you thought was never possible.

Don't give up when things get tough. At different points in your goal process, you may feel stuck or unsure. Kelli Adams, Success Coach (Southwest Michigan ERN) has assisted many employees in making their dreams become reality. "It's important to

“Don't wait to reach out to your Success Coach for help. No matter how big or small your goal - they can provide tools and support to help you achieve them.”
- Kelli Adams, Success Coach

slow down and recognize, that your goal may take many action steps to 'solve' the crisis or achieve your goal," said Kelli.

Benefits that go beyond your goal. Achieving something meaningful to you is invaluable, but Success Coaches also empower you to take ownership of your path. You will learn the skills and confidence needed to tackle challenges and goals that arise in the future. Try something new!

West Michigan 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

- ◆ Aspen Surgical
- ◆ Holland Home
- ◆ Lacks
- ◆ Ranir, A Perrigo Company
- ◆ Sunset Retirement Community & Services

Strategic Partners

- ◆ AAC Credit Union
- ◆ ERN USA
- ◆ Kent County DHHS



Your Success Coach is ready. Contact your Success Coach by text, phone call or email, or stop by their private office space during regular office hours. *Source: ERN USA*

Christie Swick, Success Coach
Christie@ERNSuccessCoach.com
616-250-7965 (cell)

Aspen Surgical

6945 Southbelt Dr SE, Caledonia

◆ Friday: 8:30am-5:00pm

Lacks Enterprise

1648 Monroe Ave NW, Grand Rapids

◆ Thursday: 1:00pm - 5:00pm (1st)
◆ Thursday: 8:30am - 12:00am (2nd)

4365 52nd St SE, Kentwood

◆ Thursday: 8:30am - 12:00pm (1st)
◆ Thursday: 1:00pm - 5:00pm (2nd)

Holland Home

2100 Raybrook SE, Grand Rapids

◆ Wednesday: 8:30am-5:00pm

Ranir, A Perrigo Company

4701 East Paris Ave SE, Grand Rapids

◆ Tuesday: 8:30am-5:00pm

Sunset Retirement Community & Services: Waterford

1725 Port Sheldon, Jenison

◆ Monday: 8:30am-5:00pm

* 1st/2nd = week of the month

Walk-in Welcome

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



Try the 52 Week ERN® Savings Plan Challenge!

USA ERN Success Coaches are offering the 52 Week ERN® Savings Plan Challenge with a savings potential of \$1,378.00.

Get on the bandwagon. Succeed at your challenge and let your Success Coach know. If you had some difficulty - what will you do different next time? We can all learn from these lessons too. We will highlight these stories at year's end.

Get the Savings Plan. Ask your Success Coach or download: <https://www.ern-mi.com/blob/news-files.ashx?ID=10>.

Need help? Many people find it difficult to set aside even a little savings each week. Saving might seem impossible if you have debt.

Budgeting assistance. Your Success Coach can look at your expenses, suggest areas where you could save money, and connect you with resources. Natalie Longmeier, Success Coach (Marion Area ERN), enjoys working with employees to set up a budget that allows saving for emergency funds. "We all experience unplanned expenses like car repair, home maintenance, or medical bills. The key is having money set aside for when those things happen."

Spread the news. Tell co-workers about onsite success coaching. Sharing your story could change someone's life. And, the more successful each employee, the more successful the company. In turn, employees have greater job security and promotion opportunities. A win for all! *Source: ERN USA; Ohio ERN*

Employee Success: Goals Achieved for Wellness

Reaching out. An employee contacted Success Coach, Kelli Adams (Southwest Michigan ERN), to help improve her life. She wanted to feel better physically and mentally. Her finances were causing great stress, so she also needed to become more responsible with budgeting. It was important to her to be healthy, happy and financially secure so she dedicated herself to a Goal4 It! Plan.

Creating a plan. With the guidance of her Success Coach, the employee created a pathway to achieve her goals. Large goals were broken up into small goals that could be achieved quickly.

Planning for bumps. They discussed roadblocks that could prevent her from achieving her goals and developed a plan to navigate them. Identifying possible challenges and how to handle them made the process less stressful.

Enjoying success. It has been a few months and the employee has successfully managed her money, allowing her to start building savings. She lost weight and continues to eat healthy, exercise, and work on her mental health. She even received a promotion at work! Often times, solving personal challenges can create opportunities for professional success.

Skills to move forward. The process helped her gain self confidence knowing she can achieve whatever goal she has in mind. Goal4 It! Tools and her Success Coach provided the support and accountability that made all the difference. *Source: ERN USA*

Philosopher's Square

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands - your own." - *Mark Victor Hansen*

