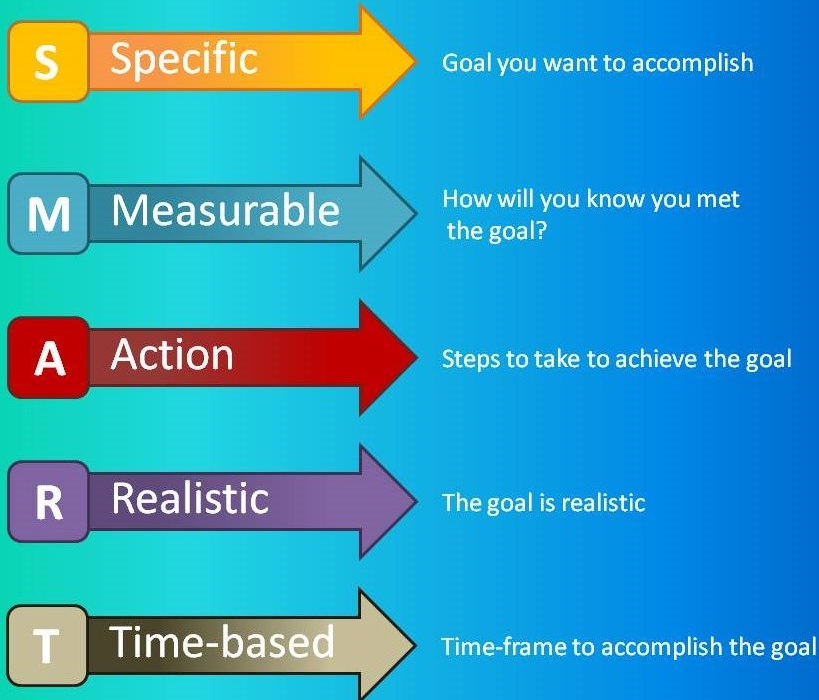


Success Coaches Assist You Step-by-Step to Achieve

S.M.A.R.T. GOALS



**Soaring to Success
Employer Resource
Network®**

Our Goal

Creating access and resources for employee success at work and in life.

Member Companies

- ◆ Choices in Community Living
- ◆ Graceworks Enhanced Living - Dayton
- ◆ Graceworks Enhanced Living - Cincinnati
- ◆ Matandy Steel & Metal Products
- ◆ Primary Health Solutions

Strategic Partners

- ◆ ERN Ohio
- ◆ ERN USA
- ◆ Day Air Credit Union
- ◆ SELF

Your success coach can not only help you identify goals and action steps, but is available to assist along the way.

Prioritize your goals.

What are some short-term goals to solve immediate challenges? What are some long-term goals that seem out of reach?

S.M.A.R.T. work goals:

- Be on time
- Improve skills
- Develop better co-worker relationships

S.M.A.R.T. home goals:

- Get house organized
- Save for emergencies
- Address health issues

Success coach advice.

Luis Quezada, success coach (Firelands ERN of Ohio) says, "ERN® success coaches help employees create the steps and strategy to tailor goals, providing a strong foundation in proactively seeking and leveraging the resources needed to be successful. As the success coach

and employee work together, a relationship develops and they discover further opportunities for growth. I've used the S.M.A.R.T. model to help others setting goals in medication and stress management, home organization, seek higher education, and creating healthy eating habits, for example. More so, this model not only encourages an action plan, but is a

living document that can change through time and is tailored to the challenge and time frame that is best for you while considering the variables that can have a positive and negative impact. In turn, now we have room to think about the process (journey), rather than fixate on the end result." Sources: ERN USA; Firelands ERN

**Mika Hanson-Edwards
Success Coach**

mhanson-edwards@selfhelps.org
513-953-8674 (cell)

Your company offers Success Coaching services to assist with any personal, home or work challenge. You succeed - your company succeeds!

Choices in Community Living

1651 Needmore Rd, Dayton

◆ Tuesday: All day

Graceworks Enhanced Living

6451 Far Hills Ave, Dayton

◆ Monday: All day

◆ Wednesday: Morning

Graceworks Enhanced Living

11370 Springfield Pk, Cincinnati

◆ Thursday: Morning

Matandy Steel & Metal Products

1200 Central Ave, Hamilton

◆ Thursday: Afternoon

Primary Health Solutions

210 S. Second St. Hamilton

Wednesday: Afternoon

Walk-in Welcome

Call, email or text for appointments. Additional times available.



**Childcare Partnerships:
Solutions for Workers**

Your ERN® success coach is an expert at finding resources, exploring eligibility, and applying for programs. This comes in handy for employees seeking assistance with childcare! But what if childcare is hard to come by in your community or too expensive for your budget?

Finding new solutions. Employer Resource Networks® (your company is a member) work with area organizations, often thinking outside the box in making services more affordable and more available in order for workers to succeed at both work and home.

Childcare partnership example.

The Tri-share Childcare Pilot began a year ago in West Michigan. It is a program contributed in part by Michigan ERN to make childcare more affordable for struggling families. The employer, employee, and State of Michigan each pay a third of the costs. There are currently over 40 children (with a goal of 90) and over a dozen Muskegon/Ottawa County employers, including Wesco, enrolled in the program.

Peace of mind, work success.

When a challenge or barrier is removed, especially one as important as care of your child, you are better able to get to work and focus on your job. Let your success coach know your needs around childcare and they can explore centers and resources in your community. *Source: ERN USA*

**Regular Check-ups: Feel
Your Best at Home & Work**

Take time out to feel your best by getting regular check-ups. Being alerted to health issues early could avoid more serious issues later. Ask your Success Coach for assistance with medical referrals, insurance, transportation, extra costs, or scheduling around work.

Women 20-40 Years: breast and pelvic exams, thyroid hormone screenings

Women 40-60+ Years: ovarian screenings, mammograms

Men 20-40 Years: testicular exams

Men 40-60+ Years: prostate exams

Dental Visits: twice a year for exam and cleaning

Blood Pressure Screenings: at least once every two years

Cholesterol Screenings: if normal, do not need to be checked for five years

Type 2 Diabetes Screenings: for those with blood pressure 140/80 or above, body mass index (BMI) greater than 25, other risk factors for diabetes such as heart disease or weight gain

Eye Exams: every two years if you have vision problems; at least every year if you have diabetes

Skin Exams: at home regularly and by a dermatologist every one to two years

Colonoscopies: should begin at age 50 and done every 10 years

Coronary Screenings: done to assess heart health and may begin at age 40 or 50 depending on risk factors

Hearing Tests: every 10 years

Bone Density Testing: every two to three year to assess bone health and strength; age 65 for women; age 70 for men *Source: Wellness360; ERN USA*

Philosopher's Square

"A goal is a DREAM with a deadline." - *Napoleon Hill*