

Thriving In Chaos!

Personal Essentials



Best Care EAP can help!

**For confidential, professional support,
contact Best Care EAP today!**

www.BestCareEAP.org

402-354-8000 | 800-801-4182

Member ID/Login: bcCODEe | Password: CODE

"If something is important enough, you find a way. If it's not important, you find an excuse."

– Jim Rohn

What are some of the things that cause chaos in your life?

1. _____
2. _____
3. _____
4. _____
5. _____

Be prepared to share your ideas.

Create a list of what you want to accomplish, both in your personal and your professional life.

Personally I want to accomplish:

1. _____
2. _____
3. _____

Professionally I want to accomplish:

1. _____
2. _____
3. _____

What are you doing to accomplish your goals?

Tips for Thriving in Chaos

- Get everything out of your head.
- Prioritize: (Stephen Covey's 4 Quadrants)

1. Manage
2. Focus
3. Avoid
4. Limit



- Actively procrastinate.
- Create a plan.
- Make time for unpleasant tasks.
- Create a relaxed environment.
- Learn to let go.
- Build better habits.
- Take care of your s.e.l.f.

My Action Plan:

Start

Stop

Continue

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today's webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP's services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:

