



People & Solutions, Inc.

A Newsletter

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If Your Boss Is A Workaholic...

- * Set limits on your availability.
- * Put all important matters in writing.
- * Don't let his/her personal stress become your problem.
- * Meet your deadlines.

If A Peer Is A Workaholic...

- * Involve him/her only when they belong in a project.
- * Set limits on your availability.

If You Manage A Workaholic...

- * Set priorities for him/her.
- * Reward what he/she accomplishes, not the amount of work it takes to get the job done.
- * Monitor his/her progress to keep him/her on track in order to meet deadlines.
- * Send him/her home at the end of the day.

~ Wess Roberts, PhD

"HOW TO KEEP PEOPLE, PAPER, & PRESSURE FROM GETTING THE BEST OF YOU"

A SMILE FOR YOU

Smiling is infectious. You catch it like the flu. When someone smiled at me today, I started smiling, too. I passed around the corner and someone saw my grin. When he smiled, I realized I'd passed it on to him. I thought about that smile then I realized its worth.

A single smile, just like mine, could travel around the world. So, if you feel a smile begin, don't leave it undetected. Let's start an epidemic quick, and get the world infected!

"ACHIEVING EXCELLENCE WITH PEOPLE"

"You cannot live a perfect day without doing something for someone who will never be able to repay you."

~ Anonymous

MORE OF WHAT I'VE LEARNED

I've learned that heroes are the people who do what has to be done, when it needs to be done, regardless of the consequences.

I've learned that money is a lousy way of keeping score.

I've learned that my best friend and I can do anything or nothing at all and still have the best time.

I've learned that sometimes the people you expect to kick you when you are down will be the ones to help you get back up.

I've learned that sometimes when I am angry, I have the right to be angry, but that doesn't give me the right to be cruel.

I've learned that true friendship continues to grow even over the longest distance. The same goes for true love.

I've learned that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all that they have.

I've learned that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

**GO AHEAD!
LAY SOMETHING ELSE
ON MY DESK!**

