



Happy New Year!

Keeping your head in the game.

Ring in the New Year by, **retaining** positive practices, **adapting** to workplace changes, and **leading** through experience.

Retaining Positive Practices

Clear Purpose & Goals



Create Action Steps to Increase engagement and performance

Accountability

Connecting With Purpose



Optimize Personal Energy and Promote Corporate Health

Vitality

Ignite Your People



Creating a Culture of Adaptability and Accountability

Employee Journey

How to Motivate People, Transform Business, and Be a True Leader
- Simon Sinek on Impact Theory



Fitness Challenges Right For Your Team

To promote both mental and physical wellness, SLG participated in a firm-wide Fitbit challenge from Thanksgiving to New Years'. For every day a team member walked 5,000 steps, their name would be put into a drawing for a **Hiatus Spa + Retreat** gift certificate valued at \$1,000.00.

For more ideas on fitness challenges, check out this resource by **Willable**.

10 Mental Health Apps to Use in 2022

Benefits of using mental health apps include:

- Convenience
- Mostly free or low cost
- Improved mood
- Better coping skills
- Access to help whenever you need it

"Things have a way of working themselves out if we just remain positive." – Lou Holtz.



Healthline

"We don't have to do all of it alone. We were never meant to." - Brené Brown

Adapting Workplace Changes

"The Future of Work," adapting to the changing workplace.
What will work look like in 2022?

Improve



Innovation. Accelerates.
Growth.

Improving a Hybrid

Workforce

Where and how people are working has changed! Leaders must optimize hybrid teams with operating norms.
- **InnovationOne**

Resilience



Nurture. Encourage.
Discover.

Build Stronger Work

Relationships

"Resilience isn't about eliminating stress—it's about knowing how to navigate it and grow stronger from it. In fact, we need stress and challenges in order to grow."
- **Alexi Robichaux, Co-founder & CEO BetterUp**

Cultivate



Employee Purpose. Drives
Culture.

Transforming the Talent

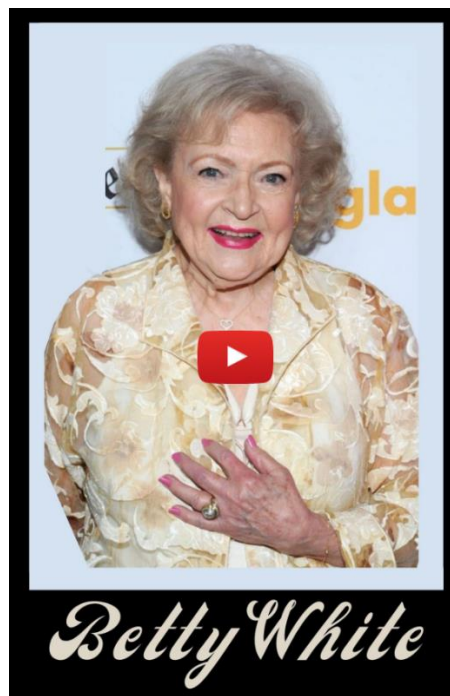
Landscape

Less focus on roles, more focus on skills. "Strongly connected workers are 75X more likely to be fully engaged." - **ADP Research Insite's People at Work Survey**

What an Amazing Inclusive Leader We Lost.

After Betty White's passing, many learned how she used her power to champion women, minorities, LGBTQIA+ community, and animals, sometimes at a high personal cost. No wonder she is a national treasure - no matter your tribe.

[Learn more about her examples of leadership here.](#) - [CNN.com](#)





Amy M. Stewart

Founding Partner

Strategy, teamwork, diversity, and superior performance are in Amy's DNA from her experience as a former NCAA Division I collegiate athlete and basketball coach.

As a client of SLG, you can count on the same focus, drive and collaboration when we work with you. For more information on our firm, please see our [Scouting Report](#).



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