



March 1, 2017

TO: Texas A&M AgriLife Benefits-Eligible Employees  
SUBJECT: AgriLife Employee Wellness Newsletter – MARCH 2017

**Welcome to the March issue of the AgriLife Employee Wellness online newsletter!**

**\* FYI - Keep up to date with the current Wellness Events by going to our website....[AgriLife Wellness](#)**

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**Welcome!**  
MARCH 2017 ISSUE

## How to Receive – and Give – Criticism at Work

Criticism can be hard to hear or give, but it also can be a tool for growth and improvement.



**Inside:**

**Learn to Listen Better • Teamwork Tips • Workplace Treats Wrecking Your Diet?**

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