



June 5, 2020

TO: Texas A&M AgriLife
SUBJECT: AgriLife Human Resources – Working Remotely, Together!

AgriLife Employee Wellness

Answer the Call – BCBSTX Wants to Help You! (1.14 mins)

<https://assets.system.tamus.edu/files/benefits/pdf/wellness/tamus-bcbs-answer-the-phone-hd.mp4>

Living With Intention at Work and at Home (article and webinar option)

<https://www.ccl.org/articles/leading-effectively-articles/living-with-intention-work-and-home/>

TED Talk

The Power of Vulnerability, Brené Brown, 20.4 mins

Brené Brown studies human connection -- our ability to empathize, belong, love. She shares a deep insight from her research in a poignant talk about knowing yourself as well as understanding humanity.

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?referrer=playlist-the_10_most_popular_tedx_talks#t-193179

What You Can Learn From the Most Likeable People You Know

<https://blog.kevineikenberry.com/personal-professional-development/learn-from-most-likeable-people-you-know/>

GuidanceResources

www.guidanceresources.com / WEB ID: TAMUS / Phone 1-866-301-9623 (Active Employees) or AgriLife HR's EAP webpage at <https://agrilifeas.tamu.edu/hr/about-us/eap/>

First time users may wish to take the short site tour available on the home page.

Organize, Plan, and Own Your Future - Helping You Demand More from Your Money – Wednesday, June 10 at 1:00 p.m.

Join The Texas A&M University System and Fidelity for an educational web workshop, where you'll learn strategies and tips to help you manage your financial future with confidence.

Designed for women investors, this workshop will show you how to organize your investments and help build a plan to meet your financial goals. Register [here](#).

Just For Fun (and good health)

AgriLife Employee Wellness – June 'Bingo' Challenge

June 1 – June 30, 2020

BINGO game board and instructions are [here](#)

Questions: Contact Beverley Rose, at 979-458-3279 or barose@ag.tamu.edu

Texas A&M AgriLife Administrative Services | <http://agrilifeas.tamu.edu/>