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C&S Staff:

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> **Jerry Benne, CSP** Vice President

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Sonnett Cagle, CSP CTS Staffing Specialist

Nicole Wilson, CSP Payroll Clerk

Mandy Thomas, CSP Account Representative

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> **Mary Heimericks, CSP Claims Manager**

> > **Penny Smith** Office Assistant

Suzette Mengwasser Office Assistant



American Staffing Association





If you ask ten individuals what their definition of a rewarding job is, you will most likely receive ten very different responses. What is highly important to someone may not even matter to the next person.

Because we are all different and have varying priorities and interests, it is advisable not to blindly chase a job we think we would love but rather look to self-awareness for answers about career trade-offs and the lifestyle we seek.

It is perfectly normal to like or even love your job and at the same time, recognize that it can be difficult, challenging and frustrating at times. Our hope is make every effort to not let the difficulties cloud our perception of the job and why the job appealed to us in the first place.

Regardless of why you work, there are strategies that might help with keeping that sense of job satisfaction. Some examples include...

significance. Think SIGN IFIC A N C E

Understand

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about how whatever you do helps other people or contributes to society. Perceiving the value of

your

your work can increase your job satisfaction.

P Chill. man! how No matter challenging the work gets or how large the demands may seem, try to avoid allowing yourself to become caught up in any unnecessary drama.

SIt is never too late to motivate!

Remind yourself regularly how your job allows you to have a life outside of and beyond work. It should be motivating when thinking and planning for what you enjoy in



your personal life. Strive for progress not perfection.

You can set yourself up for failure if you



think your job needs to be perfect 100% of the time. While it is a good **PROGRESS** thing to enjoy what ≼ you do, make sure that the occasional bumps Perfection in the road don't sour your attitude. The key is to be able to handle

the ups and downs common in every job.

Practice self-care. Behavior that promotes your physical health such as exercise, good nutrition and stress management -- can help



you feel positive at work and increase your job satisfaction.

Whether your work is a job, a career or a calling, you can take steps to restore its meaning. Seeking job satisfaction can help with managing stress and allow you to better experience the rewards of your profession.



work's



One of the benefits of employment through C&S Employment Solutions is our in-house Payroll Department. Unlike other staffing companies that outsource or have their Payroll Departments in corporate offices located in another city or state, C&S employees have direct access for any payroll updates, questions and/or issues.

The C&S Payroll Department continually strives to make the payroll process as convenient and easy as possible so our employees can set up and adjust their direct deposit, submit hours worked and view their weekly paychecks using the C&S employee portal. If questions arise and assistance is needed, employees may contact the C&S Payroll Department at payroll@csemployment.com or 573-635-9295.

Direct deposits can be set up at any time during employment with C&S Employment Solutions through the employee portal. Simply enter your account and routing numbers, click "Save" and then click "Submit Changes" to set up and/ or make updates to your direct deposit.

To ensure a seamless and timely weekly payroll, C&S employees should submit their time by the established deadline each week to allow time for their designated approver/supervisor to approve the time submitted. Once those steps are taken, the C&S Payroll Department can proceed with processing paychecks/direct deposits. Employees who use paper timesheets should also submit their time by the established deadline and obtain supervisor approval/signature.

Additionally, the C&S Payroll Department mailed W2 forms to employees who were employed by C&S in 2023. Please contact C&S if you did not receive a W2 or if there are questions.

Your cooperation in following the payroll procedures and deadlines is appreciated and ensures a smooth road to your payroll and weekly paychecks.



C&S is pleased to turn the Employee Spotlight on Robert (Bob) Ratliff. Bob has been employed through C&S at the same assignment on and off since 2018. He recently was placed on another job assignment and was eager to continue his employment through C&S.

Bob tells us how much he appreciates C&S and his C&S staffing supervisor, Sonnett, working with him to find a job that is a good fit and works in his schedule. He went on to say "I won't work for any other place than C&S... Sonnett is truly a great person and is very understanding."

Thanks to Bob for his shining endorsement and dedication to C&S!



What's happening in February:

February 2 -- Groundhog's Day
February 12 -- Lincoln's
birthday (C&S open)
February 13 -- Mardi Gras
February 14 -- Valentine's Day
February 19 -- Presidents' Day
(C&S open)
February 29 -- Leap Day





The following employees were recently offered and accepted permanent employment at their assignments. C&S would like to congratulate and thank each of these individuals for their hard work and dedication!

> Lisa Hackman Megan Jackson Derek Sapp Lisa Donley Dawson Koelling



