

# Temp News

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No matter how skilled and prepared we are at our jobs, issues and challenges can arise at times. Instead of becoming dramatic and overreacting, meeting those challenges with the proper techniques can help in overcoming issues and result in a sense of resolve.

Keep in mind these tips for dealing with and overcoming workplace challenges.

✓ **Stay level-headed in the moment.** In a heated situation, it can be easy to fly off the handle. Keeping emotions in check and remaining professional is key. It is important to be gracious and respectfully when facing a disagreement.



✓ **Don't dwell on the problem.** Instead of rehashing the issue, focus on planning ahead. Be proactive, rather than reactive;



every problem has a solution after all. Use what you've learned from this situation to turn it into a positive, so you are better equipped the next time. Trying another tactic and approaching things from a different angle might give you the advantage when similar circumstances arise.

✓ **Divide challenges into smaller pieces.** If the problem is unavoidable and requires action, then trying to deal with it in one fell swoop may cause problems. Divide the problem into smaller, more manageable pieces; identify these smaller issues and find their solutions first.



As you cross them off your list, you'll be in a better position to take on the main problem head-on; instead of being distracted by the problem, you will be focused on the solutions that have now been identified.

✓ **Take an "I can" approach.** Instead of shying away and saying "I can't", tackle the challenge head-on and show you can learn new skills and ways of handling different (and sometimes difficult) situations and people.



You can gain respect when showing the ability to resolve issues and conflicts professionally without complaining.

✓ **Create a positive self-perception.** If you are the kind of person who sets unrealistic expectations, then challenges may end up weighing heavily on you.

While there isn't anything necessarily wrong with these high expectations, the issue becomes a problem when you're expecting everything to be perfect. It's far better to work toward continuous improvement rather than the impractical perfection you set for yourself.



✓ **Don't be afraid to make mistakes.** If a challenge was the result of a mistake you made, then admitting the mistake is usually the best move. There is nothing wrong with taking ownership of your mistakes, especially when it stands in the way of moving past a challenge. It can show that you are willing to grow and that you're a person of character.

# Please OTE 2024 Readers' Choice Award

The nominating phase for the 2024 Readers' Choice Awards is currently underway with nomination accepted through March 2 and C&S is requesting your vote!

The Jefferson City News Tribune presents the Readers' Choice Awards to businesses receiving the most votes in a variety of categories.

With the help of our loyal employees and customers, C&S has received the top (#1) Readers' Choice Award in the Career Services/Employment category each year since its inception. Our goal is to keep that winning streak going!

The Readers' Choice Awards is conducted in two phases. The first phase is the Nomination Phase when nominations are accepted (now) through March 2. **Please take a moment to nominate C&S Employment Solutions using this link.**

<https://www.newtribune.com/readers-choice-2024/#/gallery?group=477960>

You can nominate C&S under the "Business & Personal Services" category then under the heading "Career Services/Employment" or by clicking on the C&S Employment Solutions ad.

The top nominees will move on to the second (Voting) phase. **Votes will be accepted using the same link from March 21-April 1 in the voting phase for the Readers' Choice Award.**

We are asking your help so C&S can maintain our #1 ranking for Career Services/Employment!

Thank you for voting for C&S in **both** the nomination and voting phases for the 2024 Readers' Choice Award!



## What's happening in March:

now through March 2 --

Nominate C&S for Readers' Choice Award (see article to the left)

**March 10** -- Daylight Saving Time begins (turn clocks forward 1 hour)

**March 17** -- St. Patrick's Day

**March 19** -- First Day of Spring

**March 21-April 1** -- Vote for C&S for Readers' Choice Award (see article to the left)

**March 31** -- Easter



## Permanent Placements

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!

**Sydney Wells IV**

**Alfred Leighton**

**Steve Ramos-Hernandez**

**Stacy Bax**

**Melissa Driskell**

**Heather Settle**



Matt Klinger

The C&S Employee Spotlight is shining this month on Matt Klinger. Returning to C&S in 2023, Matt was placed on a job assignment that fits his schedule and he thoroughly enjoys. Talking about his experience with employment through C&S, Matt said, "I love the integrity of C&S...you guys are awesome."

Besides his dedication to work and family, Matt is passionate about coordinating a "free" Christian rock concert scheduled for Friday, March 1, at the Capital West Christian Church Event Center, 1315

Fairgrounds Road, Jefferson City.

The free event will feature headliner *Disciple* with special guest *Spoken*--both Christian rock artists. Doors open at 6 p.m. and the show starts at 7 p.m.

C&S is proud to sponsor this concert and help Matt with his mission to offer the event free of charge. Donations are welcome; but not required to attend. Refreshments will also be available.

Matt is a huge fan of *Disciple* and the message their music contains. "They have an infectious love for people and Jesus," Matt explained.

According to Matt, concert-goers can expect an evening of great music with an important message presented with a "harder rock" flare. He also said *Disciple* is the type of band that provides a free meet and greet after the concert and will even join in prayer with the audience.

Check out the event's Facebook page (*Disciple with special guest Spoken*) for more information.

