



Temp News



1731 Southridge Drive
Jefferson City, MO 65109
573-635-9295
csemployment.com

C&S Staff:

Paula S. Benne, CSP CTS
President

Jerry Benne, CSP
Vice President

Darlene Norment, CSP
Accounting Director

Carrie Russell, CSP CTS
Staffing Specialist

Sonnett Cagle, CSP CTS
Staffing Specialist

Nicole Wilson, CSP
Payroll Clerk

Mandy Thomas, CSP
Account Representative

Stephanie Lehmen
Community Relations Coordinator

Mary Heimericks, CSP
Claims Manager

Penny Smith
Office Assistant

Suzette Mengwasser
Office Assistant

MEMBER OF
ASA American Staffing Association



Attitudes
are contagious!
Is yours
worth catching?

Having a positive attitude at work not only promotes a positive working environment, but can impact everything from sick days to career progression, stronger relationships and more. Of course, no one can have a high level of positivity at work 100% of the time. But any type of attitude can be contagious; good or bad.

Having a positive attitude at work isn't as simple as ignoring negativity and gritting your teeth with a smile. That can come off as inauthentic. Positivity in the workplace is more like optimistic realism. This is when you recognize the negative in a situation but still focus on the positive. You're not just going to sit there and take it - you're going to try and find a solution to the problem.

What does a positive attitude at work look like to others? People with positive attitudes are easy to spot - they're the ones you don't mind spending time or working with. These employees are focused and not distracted by menial inconveniences.

They don't overreact or act dramatically when things don't go their way or when faced with workplace issues that go along with the job. They are also not ones to engage in water cooler gossip because they are focused and have other people's best interests at heart.

There are a number of simple, effective ways to have a positive attitude at work.

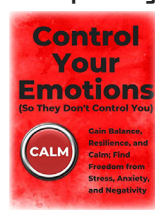
😊 **Practice Gratitude** -- Staying positive at work is easier when you lead with gratitude. Make a point to acknowledge things you're thankful for each day. Remind yourself that, while everything in life may not be perfect, there are many simple things to be thankful for (your health, safety, freedom, laughter, etc.).

GRATITUDE
TURNS WHAT
WE HAVE
INTO
ENOUGH.

😊 **Live Healthy** -- Health and positivity go hand-in hand, so the more you look after yourself physically, the better you will feel mentally too. So make your physical and mental health a priority. It is important to exercise regularly, and couple that with relaxation and meditation. Also, it helps to maintain a healthy diet, stay properly hydrated, and make sure to get adequate sleep.



😊 **Control Your Thoughts and Emotions** -- While this can be hard for some people to manage, a huge part of becoming a more positive person is controlling your thoughts and emotions. This comes down to how you perceive things. Try and find a positive way to spin any situation. Additionally, decide how you're going to react to a situation ahead of time. There will always be some situations or people who will upset you. But if you decide ahead of time to keep a positive attitude and not let it (or them) get to you, then you are more likely to achieve that. Put yourself in the driver's seat--not your emotions--and avoid being dramatic to bring attention to yourself.





C&S and Central Workforce Development Region Partnership Update

As reported in the June Temp News, C&S Employment Solutions and the Central Workforce Development Region (CWDR) are partnering to maximize workforce opportunities in the central Missouri area.

The goal of the collaboration is to help job seekers find employment and also provide access to necessary education, training and support services. Both C&S and CWDR share this common goal; and thus far, the collaboration is experiencing positive progression as both organizations can see an increase in opportunities while still in the "getting acquainted" stage in the partnership.

Shortly after the collaboration with C&S, Morgan Darland, joined the CWDR staff as the onsite COPIC Career Consultant. Prior to teaming up with CWDR, Morgan was employed in the staffing industry for 5 years (so she is no stranger to how C&S operates).

Currently, her office hours are Tuesday & Thursday, 8 a.m.-5 p.m. at the C&S Employment Solution office on Southridge Drive in Jefferson City. On Monday, Wednesday and Friday, she is located at the Missouri Office of Workforce Development Job Center in the Truman Building located at 301 W. High Street.

Morgan's duties include assisting eligible individuals with enhancing their skills through various training programs, career guidance, occupational and skills assessments, as well as a number of other supportive services. She will determine which programs and assistance individuals qualify for and then help with enrolling and connecting them with the specific resources and training.

Morgan says the best part of her job is helping people with getting back into the workforce and raising awareness about grant opportunities for those who qualify. She added, "The partnership with C&S has great potential and it offers CWDR a more focused opportunity to spread the word about the ways we can assist people in our community. It's also helpful to be able to directly refer COPIC clients to C&S for employment."

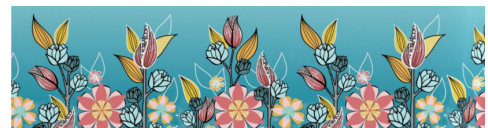


Morgan Darland
COPIC Career Consultant



What's happening in August:

- August 4** -- Friendship Day 🤝
- August 8** -- International Cat Day 🐱
- August 13** -- International Left Handers Day 🙋
- August 21** -- Senior Citizens Day 🧓
- August 26** -- National Dog Day 🐕



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!

Candra Galiley
George Hampton, Jr.

