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Issue 101
October 2025

Temp News



Feedback along with effective communication are essential elements of both personal and professional growth in the workplace. When given and received properly, feedback can cultivate a workplace of learning and progress.

There will inevitably come a time (or times) when we all must be open to receiving feedback. It's not always easy to be the one receiving feedback, but even high performers and management can learn from knowing where or how they can improve.

Here are a few **Do's** and **Don'ts** to remind ourselves when receiving feedback.

Do: Stay Open-Minded. Feedback is an opportunity for growth, not a personal attack. Be aware of your body language such as crossing your arms in front of your chest which could give the impression of being closed minded to the feedback.

Do: Ask Clarifying Questions. Seek to understand the feedback by asking questions for clarification. This can show your commitment to recognize and respect the giver's perspective. It also helps to prevent misunderstandings and makes the conversation more constructive.

Do: Reflect and Self-assess. Take the time to reflect on the feedback received. Consider how it aligns with your goals and areas where you may genuinely need improvement.

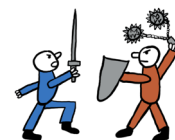
Do: Set Goals for Improvement. Use feedback as a tool for setting specific, actionable goals for self-improvement. Discuss these goals with your manager or colleagues to ensure alignment.

Don't: Don't Get Defensive. Avoid becoming defensive or dismissive when receiving feedback, even if it's challenging to hear. Defensiveness can hinder growth and create tension in the workplace.

Don't: Don't Take It Personally. Remember that feedback is about actions and behaviors, not your worth as a person. Separate your identity from the feedback to maintain healthy self-esteem.

Don't: Don't Ignore It. Ignoring or disregarding feedback sends a message that you're not interested in self-improvement. Take this opportunity to learn and grow from the input you receive.

Don't: Don't disregard positive comments. Many times feedback contains as much positive discussion as it does negative and can provide valuable information about your strengths and talents.



C&S Employees are gifted shirts during National Staffing Employee Week!

National STAFFING EMPLOYEE Week
SEPT. 8-14, 2025



October 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



What's happening in October:

October 13 -- Columbus Day (C&S open)

October 17 -- United Way pledge cards due to C&S (see below left)

October 23 -- Big Brothers Big Sisters Chili Cook Off/Cornhole Tournament at the JC Jaycees Fairgrounds (see below right)

October 31 -- Halloween



C&S Employment SOLUTIONS

Permanent Placement

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

John Henry
Deborah Leffert
Sandra Mowry
Catherine Westergaard
Kenneth Seibert
Jessica Clark
Shawna Marshall
Kendall Davis
Denise Ridenhour
Alfred Leighton
Patrick Woods

2025-26 United Way Campaign

The United Way of Central Missouri who represents 26 non-profit health and human service agencies is in the midst of their 2025-26 fundraising campaign. C&S Employment Solutions is once again participating in the campaign and extending the opportunity to support the campaign to all our employees.

Campaign details (including pledge cards) were sent via email to active employees as well as printed campaign material is currently available at C&S Employment Solutions for those choosing to make a donation.

As an added incentive and to show support to the United Way, C&S will MATCH all donations pledged from our employees. And...C&S employees who make a donation (of \$5 or more) to the United Way Campaign will receive a C&S branded blanket as a token of our appreciation. *The deadline to return pledges and get a blanket is October 17.*



Thank you for your generosity and support of the United Way of Central Missouri!



Thursday, October 23

Chili Cook Off 5-7:30 p.m.
Cornhole Tournament
5:30 p.m. (amateur); 6 p.m. (skilled)

Jefferson City Jaycees Fairgrounds

Cornhole Teams
\$100/team (Includes 2 tshirts, 2 chili tickets, beverages, cash prize for 1st & 2nd place*)

Chili Teams
\$50/team (Includes 2 tshirts, free chili tasting, beverages, chance for awards)

Gen Admission
\$15/person (before Oct. 16)
\$20/person (on event)

Scan the QR code or visit [BBSJeffersonCity.org](https://www.bbsjeffersoncity.org) to purchase tickets, enter a Chili Cook Off team &/or enter a Cornhole team.

For more information, call 573-634-2705.
Proceeds benefit the Big Brothers Big Sisters of Jefferson City.