

To:

CA - Supervisors

Subject:

At Your Best

Attachments:

At Your Best Graphic

Body:



BE the Difference:

Living our Values

Dear Leaders,

Together, we have overcome unique challenges over the past couple of months. Now, more than ever, it is important to remember our organization, our culture and most of all, our people are strong and resilient.

We have worked tirelessly to minimize the impacts of COVID-19 on our associates, our business and our clients. And despite all the obstacles we have faced, we are still standing strong.

Your role has been instrumental in leading our people through this difficult time. Your teams look to you for support, validation and reassurance. Thank you for your dedication and commitment.

However, we are not out of the woods yet. We are counting on you to **BE the Difference** and continue to be there for your teams as we move into our next phase of the COVID-19 pandemic.

To continue this momentum, particularly as leaders, it is imperative to take time for *yourself* to ensure you are **At Your Best**.

“Take the time to fill your cup with love and peace. Then, you’ll be able to pour it into others. This is not selfish. This is necessary.”

Have you ever wondered why sometimes you are **At Your Best** and other times you are not? There are a number of factors that can impact your internal state:

- The amount of rest and exercise you get
- Your eating habits
- Your level of gratitude
- Relationships with friends & family

- And more

We encourage you to take a step back and ask yourself the following questions:

1. When are you **At Your Best**?
2. What do you need to focus on more to be **At Your Best**?
3. How would being **At Your Best** benefit you at work and at home?

As leaders, now, more than ever, it is important we set the example by *leading* by example. We encourage you to practice two activities that help you be **At Your Best** and to discuss this concept with your teams during FirstCall, one-on-one meetings or team meetings.

“Self-care means giving yourself permission to pause.” – Ann Lamott

As your leaders, we are here for you. Do not hesitate to reach out if there is anything we can do to support you. We will get through this, together.

Be well,

Amy Mathieson
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