

HRA-ECI

January 2019

January Meeting:

JANUARY MEETING

**Fix Your Hormones,
Fix Your Health**

**Friday, January 11
11:30AM- 1:00PM**

**Stadium Grill
102 Dettro Drive
Mattoon, IL 61938**

Lunch: Select Menu

**RSVP By 4pm
Wednesday,
January 9**

**Don't forget your
business cards!**

Speaker:

**Dr. Charlie Schuster, D.C. Wellness Physician,
Team Chiropractor for EIU Athletics, Author,
Consultant and Clinic Director at Back to Health
Physician's Group**

Presentation:

**Fix Your Hormones, Fix Your Health: Understand-
ing the role of hormone imbalance in stress,
sleep, mood, and weight loss"**

Prize Alert!!

**Every member that brings a guest to the
January meeting will be entered into a
drawing for a prize!!**

E-Verify Shut Down

If you have visited the E-Verify website lately you will find a large notice at the top of the page saying, “ Due to lapse in federal funding, this website will not be actively management. E-Verify and E-Verify services unavailable.” Employers will not be able to enroll in E-Verify or create a new E-Verify case among other services. For more information click [here](#).

Tough Feedback Sessions

Remember the “why”: Focus on the good reasons why you are giving the feedback. Remind employees that feedback is essential to growth and success.

Find your center and prepare: Walk into the meeting prepared, organized and centered. Don't wing it.

Handle reactions in the moment: This ties into being prepared—if you are prepared you will be able to handle reactions calmly and effectively.

Move the conversation to a productive place: Diffuse the emotional reaction and move forward to figure out what actions are needed for the employee to be successful.

Source: Click [Here](#)

New Year, New You!

Top 5 New Year's Resolutions

1. Eat healthier/exercise more/lose weight
2. Save more and spend less
3. Learn a new hobby
4. Read More
5. Spend more time family and friends

SHRM UPDATES

SHRM HR Resource Spotlight

SHRM has a new benefit available for SHRM members. It's called HR Resource Spotlight and it gathers a bunch of SHRM resources related to a specific topic and makes them available in one easy, convenient location. Located at <https://www.shrm.org/ResourcesAndTools/Pages/HR-Featured-Topics.aspx> you can click on the topic that interests you and be brought to a page dedicated to topic-specific resources.

January SHRM Member Renewals

I wanted to let you know that members in your chapters received a very important message from me today regarding their SHRM membership status. I've attached the message to this email as an FYI. Please join me in reminding members of your chapter to renew their SHRM membership today so they can receive the final and most significant renewal discount of the year. We are offering \$25 off membership renewal through January 31, 2018. The discount code to share with your members is **CHAPTER25**.

Q4 Recertification Initiative

Prior to VLS, chapter leaders received an email thanking you for your support of SHRM certification and recertification. In the email, you were provided an EXCLUSIVE offer to help get your members recertified before the end of the year. The exclusive promotional offer included a code (**15OFFCSC**) which will reduce the recertification fee by \$15 if the recertification application is submitted by January 31, 2018.

Don't forget to renew or sign up for HRAECI SHRM Membership! The membership form is attached in the email!

If you have any jobs you would like to be posted please send them to hraeci@yahoo.com or a Board Member



Ashlee Stanfield, President
Haley Helton, President- Elect
Candice Fletcher, Vice President of
Membership

Morgan Benline, Treasurer
Jennifer Parker, Secretary
Dustha Wahls, Legislative Officer
Beth Glanzer, Past President

JANUARY 2018

**Let us know if
you're interested in
joining the board!**

**Visit our *HRAECI Website and Facebook!* You can
view all of our Newsletters, see upcoming events,
post a job, and much much more!!!**

[http://hraeci.shrm.org/](http://hraeci.shrm.org)

<http://www.facebook.com/hraeci.shrm.org>

