

# talevation

DECEMBER NEWSLETTER VOL 7

Did you know that Talevation provides platform training and content review to help you improve both your admin and candidate experiences?

Talevation can also provide training on interpreting results.

Please help us help you, by completing this short survey below

[TAKE OUR SURVEY](#)



## IS YOUR RENEWAL COMING UP?

If you have a Site renewal coming up in January and February, please ensure your invoice has been paid if you have not already done so. If any of your contacts need updated in our system, please contact lyric to update.

[LYRIC@TALEVATION.COM](mailto:LYRIC@TALEVATION.COM)



## A NOTE FROM OUR NEWEST TEAM MEMBER

My name is Nikki Jagow, and I am excited to bring my passion for cultivating meaningful client relationships to the table. As we embark on this journey together, I want to extend a warm invitation for your input. I believe in the power of collaboration, and your insights and referrals are invaluable as we work towards enhancing our client network.

If you know of any potential clients who could benefit from our exceptional services, please don't hesitate to reach out. Your support is not only appreciated but crucial to our collective success.

*Nikki*

# 2024

## Platform Training

TC+ (FORMERLY  
IASSESS)  
REGISTRATION

TALENT CENTRAL  
REGISTRATION

## A HOLIDAY HEALTH REMINDER

As we navigate the holiday season in the workplace, let's remember the significance of mental well-being. Amid the festivities, it's crucial to prioritize our mental health. Here are a few tips to help stay calm and centered:

1. **Set Boundaries:** Define clear work hours and personal time. Disconnecting from work emails and tasks during designated off-hours can alleviate stress.
2. **Practice Mindfulness:** Incorporate mindfulness techniques into the workday, such as deep breathing exercises or short meditation breaks. These can provide a moment of peace amidst a busy schedule.
3. **Encourage Supportive Conversations:** Foster an environment where team members can openly discuss their feelings. Sometimes, sharing concerns can alleviate the weight of stress.
4. **Promote Time Management:** Encourage prioritization of tasks and realistic goal-setting. This can prevent feeling overwhelmed by a long to-do list.
5. **Offer Flexibility:** If feasible, provide flexibility in work hours or deadlines. This can accommodate personal commitments and reduce stress associated with balancing work and festivities.

Remember, the holiday season is about joy and celebration. By acknowledging the importance of mental health and implementing these tips, we can create a supportive and harmonious workplace environment for everyone.

**READY FOR 2024? NEED A  
REBOOST ON BLOCK** *Credits*

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