

Dear Ms. Nettie:

One of my co-workers is consistently taking personal calls on their mobile during the work day, rendering them unavailable for their team members and unable to assist clients. I know we are all going to receive personal calls from time to time at the office but where do you draw the line?

Sincerely,
Team Player

Dear Team Player:

Time Magazine recently wrote an article on the 10 most annoying workplace habits. Taking personal phone calls at the office was on the list. As a matter of courtesy to others we should put our mobiles on silent or vibrate during the work day and restrict personal calls to our lunch hour and break periods. Nobody wants to hear the co-worker making a doctor's appointment or taking care of personal matters; in general it makes us uncomfortable.

Regarding being consistently unavailable for your team members to work with because he/she is taking personal calls... this is offensive and rude. Teamwork only functions when everyone is on the same page pulling their own weight. If one team member is consistently doing less than their share there are two ways to handle it:



1. The marketplace is full of great talent looking for work and might be the ideal time to consider a replacement.
2. The team member may be unaware of their inappropriateness and how it is affecting others and it's a good opportunity to bring it to their attention tactfully.

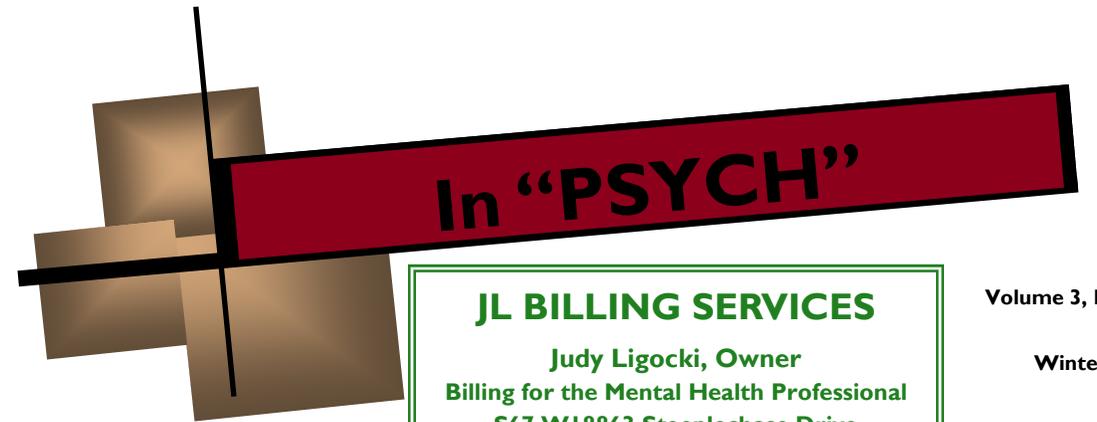
The last thing you should do is take it on the chin, the workplace should remain the workplace and not a playground for someone's personal agenda.

~ Ms. Nettie

Ms. Nettie is now in syndication... email Ms. Nettie today at nettie@wrighttechnologies.com for information on how she can appear in your next company newsletter or publication.



Do you have a question for Ms. Nettie? Something bothering you in your work environment? Email Ms. Nettie today at nettie@wrighttechnologies.com if we publish your question we will send you a Starbucks gift card.



JL BILLING SERVICES

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Everybody here at JL Billing Services wish you all a Very Merry Christmas & a Safe and Happy New Year!!! If you are looking for a billing service in the near future please check out our website at: jlbillingservices.com or give us a call and start 2012 off right.

A Special Note and Offer from Clinic Director, Paul Hamilton, Ph.D. at Clinical Psychology Associates
Another year comes to a close, and many of us find ourselves reflecting upon the past year. What went well? What didn't go so well? What areas of improvement would I like to see in 2012? In our work with our clients, this is a good time to revisit goals and discuss how we want to continue to improve our lives in the upcoming year.

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Oftentimes, the topic of maintaining physical health and exercise comes up. As recently detailed in the American Psychological Associations' publication, *The Monitor*, the "exercise-mental health connection is becoming impossible to ignore." Even after just 5 minutes of moderate exercise, there is evidence to suggest a mood enhancing effect. In short, numerous studies show that active people are less depressed than inactive people.

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Helpful Information

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Over the past years, I have developed a friendship with one of the top experts in exercise physiology in the area, Patrick Ziebell, MBA, CEI. Patrick is owner and CEO of one of the premier personal training facilities in the Midwest, *Evolution Exercise and Spine* (www.exerciseandspine.com), with locations in Wauwatosa, Pewaukee and Madison.

Patrick also recognizes the link between exercise and mental health and wants to make a special offer to readers of this newsletter. **Evolution is offering 3 free training sessions with a Certified Exercise Instructor (CEI).** There is no obligation to sign-up for further training sessions after these three complimentary sessions. This offer also includes a 60-minute consult with a CEI prior to beginning your first training session. Whether you are already a member of a gym, or have never seen the inside of an exercise facility, I highly encourage you to take advantage of this offer. The staff at Evolution are professional, kind and a fun group of people. I cannot recommend them highly enough. The trainers are top-notch and the workout equipment is superior to any gym in the area. After your three sessions, you will also be given a program to utilize at home or at your current gym. Again, this is an opportunity I encourage all of you to take advantage of if you live in the Milwaukee/Madison area. Give your mental health a boost through exercise.

Please see Evolution's website for more information: www.exerciseandspine.com. To schedule your free training, you can either call Evolution (262) 264-0080 or (414) 727-8812, or email them at info@exerciseandspine.com. **Simply mention that you would like the "newsletter special" and your consult and training will be scheduled. You can also show up to one of their facilities with the coupon printed below.** Happy Holidays from Clinical Psychology Associates!!!



evolution
exercise • rehab • spine

STRENGTH CARD

This card can be redeemed for a complimentary consultation and **three** personal strength training sessions. This card has a \$120.00 value.

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TO: _____

FROM: Dr. Paul Hamilton - "Newsletter Special"

health • strength • life

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www.exerciseandspine.com



Featured Clinic of the Quarter

Genesis Counseling Group S.C.
890 Elm Grove Road #205
Elm Grove, WI 53122
(262) 780-0991

The *Genesis Counseling Group* is a private practice counseling clinic in Elm Grove, Wisconsin. We are dedicated to excellence in counseling and personal growth, with a special emphasis on serving the Christian community— although, our desire is to respect and serve people of all faiths and cultures. Since character and maturity are often born out of adversity, we seek to support each other to learn and grow from our challenges and not to just live life, but to live life to its fullest! Our model of therapy strongly emphasizes the need for each individual to assume responsibility for his and her own happiness and well-being.



The *G.C.G.* team includes Terri Jaeckle, APNP who has been practicing for over twenty years and provides psychiatric evaluation and medication management. Lia Laine holds a Masters degree from the University of Madison and works with a variety of populations including children and adolescents. Lastly, Gary Gregg, Psy.D. is the owner and clinical director of the *Genesis Counseling Group*. Dr. Gregg has over 20 years of experience in the field of clinical psychology working with individuals (adults) as well as adolescents and their families. In addition, marriage counseling is a strong emphasis for all of us at the *Genesis Counseling Group*. Visit us at genesiscounselinggroup.com

