



HOW TO MAKE THE MOST OUT OF YOUR JOB

Each week, the average person spends about half their day at work. Over the course of a person's lifetime, this represents a huge proportion of their total time here on earth. Although some find their time at work to be immensely rewarding, there are many who do not obtain adequate satisfaction from the experience. This presentation highlights five basic steps to help achieve extraordinary satisfaction from your job. Learn how to increase job performance and job satisfaction utilizing emotional intelligence principles. Participants are encouraged to take responsibility for improving their experience at work to achieve greater levels of overall satisfaction in life.

This workshop is available at **no cost**.

To register, click [HERE](#).



Presented By: Darren Elkins, LMFT, Clinical Director

Darren received his master's degree in Marriage and Family Therapy from Utah State University. He also holds two bachelor's degrees from the University of Utah in Psychology and Family & Human Development. He served on the Utah Association of Marriage and Family Therapy board. Darren has a wide range of experience in workplace issues, leadership training, marital therapy, assessment and referral for drug and alcohol services, presented at various conferences, and served on the Utah Association of Marriage and Family Therapists Board.

June 12th
1:00 p.m. & 2:00 p.m.

Event Location:
Online!