



Be your own career coach

Your Employee Assistance Program (EAP) can show you how

How can you keep moving forward in your career? It might take learning how to be a better public speaker, knowing how to build a team, earning a certification or meeting the right people. The key is to plan for your own success — and to stay motivated to keep getting better at your job. Your Employee Assistance Program (EAP) can help, with advice on building your work skills and relationships.

Log on to our website to check out this month's feature articles:

- How to be your own career coach
- Making a career plan
- The importance of mentors
- How to rise through the ranks

Visit anthemEAP.com Login: Commonwealth of Virginia or call 1-855-223-9277 for confidential help — at no extra cost.*

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* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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