



inConfidence

January feature – Taking Charge of Your Life

Could you use some help getting motivated, getting started, or identifying your next goal? Whether you're a millennial, Gen Xer, or a boomer, we'll help you unlock your potential and take charge of your life. Contact [inConfidence](#), any time 24/7, to connect with a consultant for coaching and support on everything from achieving short- and long-term goals to creating an action plan.

This month, log in to www.myinconfidence.ca for featured tips and resources to help you feel fully engaged in all areas of your life—personal and professional, physical and emotional.

- Listen to a new podcast, [Teaching Yourself to Be Resilient](#), featuring Karen Reivich, author of *The Resilience Factor*. She shares proven techniques for weathering setbacks and overcoming hurdles.
- Access helpful infographics, [Achieving Your Goals](#) and [Tackling Your To-do List](#).
- Read articles: [Building Your Resilience with Self-Care](#), [Creating a Family Bucket List](#), [Getting Past Obstacles to Personal Change](#), [Quick Tips for Sticking With Your New Year's Resolutions](#), and [Choosing a Career Counsellor or Coach](#).

Call inConfidence toll-free, any time: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NSSBA; password: inconfidence).

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