Connect and Chat.
FSAP has you covered for emotional support regarding the Thanksgiving holiday. Check out the following programs that will get you prepared to deal with the stressors that may arise:

### Performance Management Changes
For FY2023, leadership and managers will be asked to review their employees' performance in order to discuss their training and development needs at Emory University's mandatory performance management training platform. This platform includes training sessions on goals management system, performance management, and how to provide feedback to employees. For FY2024, the training will include feedback and how to prepare for upcoming performance management discussions.

### Employee Discounts
Looking to save some money? Emory offers a range of employee discounts to help you manage your expenses. Check out the employee discounts page for details on how to save on things like travel, dining, and more.

### Celebrate Others!
This November, you are encouraged to show your gratitude and recognize others in your work area. Use Emory's new appreciation platform to send an ecard to someone who has helped you in your work. You can even send a virtual self-care experience to support your resilience. Go to the “Appreciate” button in the upper right-hand corner to learn how.

### Webinars for November
Emory Worklife Offers Webinars available for everyone at no cost, regardless of insurance coverage. The flu vaccine is covered by Emory University medical insurance for University employees on an Emory medical plan. The COVID-19 booster is also covered by Emory University medical insurance for University employees on an Emory medical plan. The COVID-19 booster is also recommended for those who are eligible. The CDC continues to recommend annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. CDC recommends everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. CDC recommends everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. CDC recommends everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications.

### Mindfulness Practice
Emory Worklife Offers Webinars available for everyone at no cost, regardless of insurance coverage. The flu vaccine is covered by Emory University medical insurance for University employees on an Emory medical plan. The COVID-19 booster is also covered by Emory University medical insurance for University employees on an Emory medical plan. The COVID-19 booster is also recommended for those who are eligible. The CDC continues to recommend annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. CDC recommends everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. CDC recommends everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications. 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