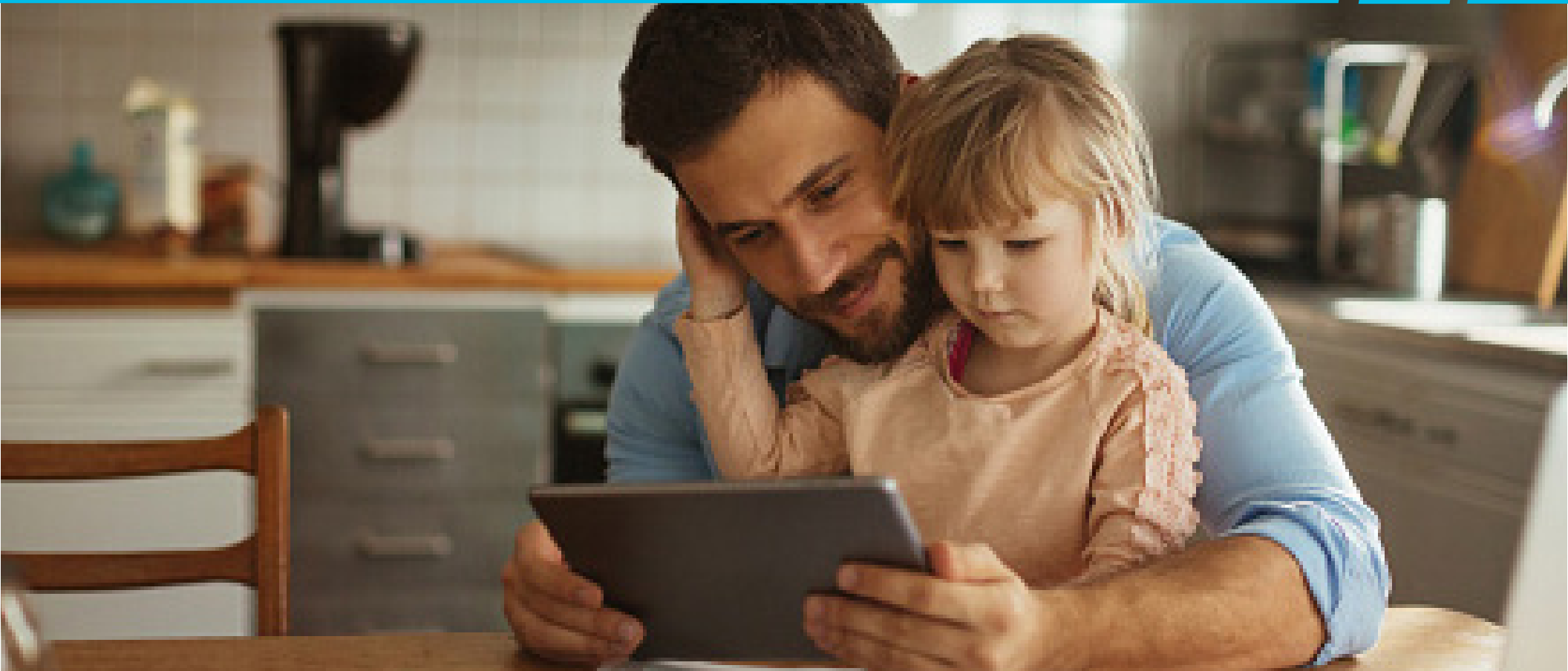


Be well. Choose well. Live well.



Well-Being

Family

LOA &
Disability

Retirement

Legal

Travel

International
Assignments

Manager
Resources

QUICK LINKS TO HELPFUL RESOURCES

This easy-to-navigate document helps you find benefits resources that can help you be well, protect yourself and your family, plan for the future and much more.

EMOTIONAL WELL-BEING

Whether it's anxiety and stress or self-confidence and mindfulness, these resources can help you through difficult situations and implement good habits.

WELL-BEING

- ▶ Emotional
- ▶ Physical
- ▶ Financial

ANXIETY/DEPRESSION

What You Should Know About Depression

Depression Self Assessment

Panic Attacks and Anxiety

Am I Clinically Depressed?

When Anxiety Becomes a Problem

GRIEF

Grief

Coping with Grief

Adjusting After the Death of a Co-Worker

Coping with the Death of a Spouse

How to Deal with Grief in the Workplace

Grief and Your Young Child

RELAXATION/SLEEP

Relaxation and Wellness

Sleep

An Introduction to Mindfulness

Breathing Exercises

What is the Best Way to Practice Deep Breathing?

Healthy Sleep Tips

RESILIENCE

Fostering Resilience

Building Workplace Resilience

How Resilient are You?

Improving Resilience Through Social Networks

STRESS MANAGEMENT

What You Should Know About Stress Management

Stress

Coping with Everyday Stress

10 Tips for Alleviating Stress in the Workplace

Diet and Exercise as Stress-reducers

Coping with Everyday Stress

Coping with Physical Discomfort from Stress

OTHER

What You Should Know About Bipolar Disorder

What You Should Know About Substance Abuse

Find Your Words

Be the Next Success Story

Anger and Forgiveness

Self Confidence

Am I Suffering From Seasonal Affective Disorder?

When Perfectionism Becomes a Problem

Benefits of Laughter

What You Should Know About Autism

Anniversary Reactions to a Traumatic Event

Speak to a Counselor call: 866-501-7962

Mental, Emotional & Behavioral Health courses offered at your local Kaiser:

- *Alcohol and Your Health*
- *Couples Communication Skills*
- *Managing Anger Series*
- *Managing Depression Series*
- *Understanding Anxiety Series*
- *Managing Moods and Depression During and After Pregnancy*
- *Pathways to Emotional Wellness*
- *Understanding Emotional Eating*
- *Improving Your Sleep*
- *Mind Body Health*
- *Mindfulness Based Stress Reduction*

Contact your local Kaiser for more information on Health resources or visit <https://thrive.kaiserpermanente.org/>

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- **GuidanceResources.com** (EAP): AECOM
- **InternationalSOS.com:** 11BMMS000147

PHYSICAL WELL-BEING

Here are the tools you need to learn about diet, exercise, losing weight, healthy eating on a budget and more.

WELL-BEING

- ▶ Emotional
- ▶ Physical
- ▶ Financial

BUDGETING

- Eating Healthy on a Budget
- Good Nutrition on a Budget
- Tips for Saving Money on Your Food Bill

DIET

- Diet and Exercise Tips
- Diet and Exercise Tips for Children
- Make Food Work for You
- Cooking Your Way to a Healthy Diet
- 10 Tips to a Great Plate
- Diet Fads vs. Diet Truths
- How Can I Eat Healthy When Dining Out?
- Understanding Portion Size vs. Serving Size
- Colorful Choices Challenge
- 10 Superfoods
- 10 Tips for Cutting Back on Salt
- Adding More Fruits and Vegetables to Your Diet
- Good Sources of Vitamins
- How Can I Choose Healthy Options When Eating Out?
- How Can I Pack a Healthy Lunch at Home to Bring to the Office?
- How Can I Reduce my Sugar Intake?
- Nutritious Post-Workout Snacks
- Understanding Portion Size
- Pack a Better Brown-Bag Lunch

EXERCISE

- Exercising at Your Desk
- Exercise 3x/Week (Participation Needed)
- 5/10K Run/Walk (Participation Needed)
- 8 Low Impact Exercises
- Benefits of Strength Training
- Easy Pre-Workout Stretches
- Establishing an Exercise Routine
- Exercises You Can Do While Sitting at Your Desk
- Fitting in Exercise
- Hiking for Fitness
- How to Begin Exercising
- Sticking with Your Resolve to Exercise
- The Benefits of Exercising

Continues on next page

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PHYSICAL WELL-BEING (continued)**WELL-BEING**

- ▶ Emotional
- ▶ Physical
- ▶ Financial

LOSING WEIGHT/OVERALL HEALTH

Health Library

Health Assessment

Health Screening

Health Coaching

Health Assessment

Healthy Lifestyles

Health Topics

KP- Health & Wellness Portal

Lose Weight with a Balanced Outlook

Make a Change Today, Your Healthy Weight for Life

Weight Management Overview- In Person Class

Weight Loss Success- Workshop

Programs to Get You Started

Licensed Weight Loss Program

Well Being Connect

Well Being Workshops

How to Win When Trying to Lose Weight?

Right This Weigh Challenge

Maintaining Willpower While Losing Weight

Weight Management Tips

Being Healthy

Breaking Plateaus

GENERAL/OTHER

Kaiser Preventative Care Benefits

Anthem Preventative Care Benefits

Anthem Discounts - Special Offers

CIGNA Healthy Rewards

Telemedicine (MD Live Registration)

How Telemedicine Works

Wellness at AECOM Portal

Flu Shot

Getting Better Care Portal

Overcome Challenges

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AECOM
- **InternationalSOS.com**:
11BMMS000147

FINANCIAL WELL-BEING

These tools and resources can help you with budgeting, student loans, planning for retirement and more.

WELL-BEING

- ▶ Emotional
- ▶ Physical
- ▶ Financial

CREDIT

- Are You a Responsible Credit User?
- Credit Counseling Agencies
- Correcting Fraudulent Information on Your Credit Report After Identity Theft
- Do I Use my Credit Cards Effectively?
- Establishing Credit
- Credit Repair Companies

DISCOUNTS/GENERAL SAVINGS

- Sprint Discounts
- Gym Discounts
- Retail Discounts
- Federal Deposit Insurance and Your Savings
- How Can I Save Money on my Cellphone Bill
- Smart Spend Discounts

HEALTH SAVINGS ACCOUNT (HSA)

- Winning with an HSA
- Saving the Day with an HSA - Intro to HSAs
- Learn More About FSAs and HSAs.
- HSA Contribution Calculator

HOME OWNERS

- Estate Guidance
- Can Landscaping Save on Energy Cost?
- Home Mortgage Loan Shopping
- Buying a Home
- Estate Planning

INSURANCE/PROTECTION

- The Facts of Life Insurance
- Life Insurance
- Travel Assistance and ID Theft Protection
- Critical Illness insurance
- Accident Insurance
- Hospital Indemnity Insurance
- Identity Theft Protection
- Protecting Your Assets
- Buying Life Insurance

INVESTMENT

- Investments Overview
- Investing Wisely
- Investing Wisely - Beyond the Basics
- Risk Assessment and Investment Guide
- Understanding Investing

Continues on next page

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11BMMS000147

FINANCIAL WELL-BEING (continued)**WELL-BEING**

- ▶ Emotional
- ▶ Physical
- ▶ Financial

PLANNING/BUDGETING

Add New Horsepower to Your Financial Plan

Building Your Health Finance Safety Net

Save Now, Cash in Later

Ready, Set, Go! Win The Race to Financial Freedom

A Month-by-Month Guide to a Financially Healthier You

Organize Your Life in Bits and Bytes: Go Digital!

Budgeting and Saving

Pay Down Debt

Life Priorities: Home, Family, Health and Finance

Funeral Planning

Legal Plan

Setting Financial Goals

Saving Money

Getting Out of Debt

Benefits of Budgets

Budget Plans

Preparing for Financial Emergencies

10 Money Saving Tips

Am I Financially Prepared to Make a Large Purchase?

Choosing a Financial Planner

Considering a Stock Broker

Eating Healthy on a Budget

Certified Financial Planner

Building Wealth: A Beginner's Guide to Securing Your Financial Future

RETIREMENT

They're Getting What? Keep Your Beneficiaries up to Date

Retirement Planning and Your Equity Awards

Retirement Planning Calculator

Healthcare Cost in Retirement

401(k) Overview

Designating a Beneficiary

401(k) Catch Up Contribution

Retirement Longevity

Understanding 401(k) Statements

Beneficiary Assistance

401(k) Basics

Estimating Your Retirement Nest Egg

STOCKS/LOANS

How Stock Options Work

Loans and Withdrawals

Stock Option Quick Tips

Employee Stock Options

Loan Consolidation

Continues on next page

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FINANCIAL WELL-BEING (continued)**WELL-BEING**

- ▶ Emotional
- ▶ Physical
- ▶ Financial

STUDENT LOANS / SAVING FOR COLLEGE

Education Assistance

Scholarship Program

College Expense Planning

College Planning Tool

College Savings Options

Can I be Released as a Cosigner on a Student Loan

College Scholarships & Financial Aid for Students of Color

Five Things to Know About Your Student Loans

How Can I Avoid Scholarship Scams

Grants for Post-Secondary Education

Student Loan Repayment Program

TAXES

Taxes: The Ins and Outs

Education Tax Breaks

Hiring a Tax Preparer

OTHER

Catching up with Rising Health Care Costs

My Account Overview

Future Balance Calculator

AECOM Affiliation/Corporate Partnership Program

Equinox Preferred Rates

Understanding Equity Awards

Take a One-Big-Happy-Family Vacation!

Financial Habits That Matter

Diversification

Getting Married: For Richer or Poorer

Managing Your Career Transition

Millennials and Finances

Am I a Saver or a Dreamer?

Compulsive Spending

Contributing to a Charity

Handling a Divorce Financially

How Can I Gauge Whether my Partner and I are Financially Compatible for Marriage?

What is a Living Will?

Writing a Will

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- **InternationalSOS.com**:
11BMMS000147

FAMILY PLANNING

If you are looking to start a family, these resources can help you throughout the process.

[Progyny Direct Fertility Benefits](#)

[Planning for Pregnancy](#)

[Infertility and Your Options](#)

[Adoption Assistance Policy](#)

[Flexible Work Arrangement FAQs](#)

[Anthem Future Mom Program](#)

[Anthem Future Dad Program](#)

[Kaiser Permanente Maternity](#)

[Kaiser Permanente Family Birth Center](#)

[Visualize Your Day](#)

[Kaiser Permanente Healthy Beginnings](#)

[KP Partner's Corner- What to Expect](#)

[KP Partner's Corner- Communication Matters](#)

[KP Partner's Corner- Getting Ready for baby](#)

[Maternity](#)

[Cesarean Section: Preparation and Recovery](#)

[Complications of Pregnancy in Older Women](#)

[How Does a Doula Assist with a Pregnancy ?](#)

[Pregnancy and Exercise](#)

[Recovery After Giving Birth](#)

[Expectant Parents' Checklist](#)

ADOPTION

[Adoption Costs and Resources](#)

[Adoption and the Stages of Child Development](#)

[Adopting a Child with Special Needs](#)

[Adopting a Stepchild](#)

[Adoption in the United States](#)

FAMILY

- ▶ [Planning](#)
- ▶ [Parenting](#)
- ▶ [Care](#)

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- [InternationalSOS.com](#):
11BMMS000147

PARENTING

Here are resources to help you educate your kids, educate yourself and guide you through the most important responsibility of your life.

DIFFICULT DIALOGUE

Children, Stress and Drugs
 Handling Bullies
 Is my Child a Bully ?
 Bullying
 Encouraging Tolerance and Acceptance in Children
 How to Talk to Your Child About Sensitive Issues
 How Can I Deal with my Disobedient Teen?
 When Your Child Lies
 Helping Troubled Teens
 Staying Safe on Social Networking Sites
 Dating and Your Teenager
 Helping Your Child Who is Shy

DISCIPLINE

Discipline: Setting Realistic Expectations for Your Child's Behavior
 Discipline: Understanding Your Child's Behavior
 Building a Stronger Family
 How Can I Teach my Child to be More Responsible?
 Natural Consequences, Discipline That Works (On Demand Training)

EDUCATION

Benefits of Preschool
 Back to School Transitions
 Extracurricular Activities
 Checking the Educational Progress of Your Children
 Preparing for College
 Stressing the Importance of Education and Homework
 Individualized Education Program

SPECIAL NEEDS

Anxiety Disorders in Children
 Parenting a Child with Special Needs (On Demand Training)
 Autism
 Symptoms of ADHD in Children
 Down Syndrome
 Dyslexia
OTHER
 Keys to Successful Step Parenting
 Managing Stress of Parenting
 Single Parent Lifestyle Tips
 Single Parenting After Divorce
 Organization Skills for Children
 Keeping Your Teenager Safe on the Road
 Adolescence: A Time Full of Changes
 Parenting
 How to Prepare Your Teenager for Driving?
 Teaching Your Child About Money
 Building Better Family Communication

FAMILY

- ▶ Planning
- ▶ Parenting
- ▶ Care

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AECOM
- **InternationalSOS.com**:
11BMMS000147

FAMILY CARE

These resources can help you care for everyone in your family including children, seniors and pets.

FAMILY

- ▶ Planning
- ▶ Parenting
- ▶ Care

CHILD CARE

- Child Care Benefits FAQs
- Child Development and Milestones
- Daycare Resources
- Choosing Child Care
- Child Care Choices
- Day Care Center Checklist
- Background Checks for Child Care Providers
- Is it Possible to get Government Assistance to Pay for Child Care?
- Child Care Search
- Child Care Resources

PET CARE

- Pet Care Flyer
- Pet Insurance
- Pet Insurance
- Pet Care Search Engine
- Choosing the Right Dog Food
- Choosing a Veterinarian
- First Aid for Cats and Dogs
- When Your Pet is Sick
- Buying Pet Insurance
- Oral Health for Dogs and Cats
- Basic Dog Obedience Tips
- Advice for Pet Sitters and Other Caregivers
- Pet Health and Safety Advice
- Traveling with Pets
- Pet Training Tips
- Finding Pet Care

SENIOR CARE

- Adult Care Benefits
- Aging Related Challenges and Safety Tips
- Caregiving and the Holidays: What to do When a Visit to Mom and Dad Raises Red Flags- November 7
- Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies- August 8
- Work and Caregiving: Tips to Finding a Balance - May 9
- Talking About Tough Subjects with Elderly Parents (on Demand Training)
- Senior Care Resources and Guides
- Transportation Resources
- Elder Care Search
- Elder Care
- Keeping Your Senior Loved One Independent and Safe
- Elder Housing Options
- Choosing Adult Day Care
- Caregiver Support Options
- Diet and Exercise for Seniors
- Your Elderly Relative: When Living Alone is no Longer Safe
- Caring for a Loved One
- Adult Care Resources
- OTHER**
- Military Family Articles and Resources
- Hiring a Special Needs Caregiver
- Special Needs Care Considerations
- Outings and Activities

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LEAVE OF ABSENCE & DISABILITY

These resources show you how to take a leave, explain what you'll receive when on leave, and help you return to work.

LEAVE OF ABSENCE & DISABILITY

[Paid Parental Leave Guide](#)[Paid Parental Leave Policy](#)[Parental Leave Program FAQ](#)[Parental Leave Checklist](#)[Medical Leave](#)[Work Wellness Website](#)[How to Request a Leave](#)[LOA Letter](#)[FMLA Poster](#)[LOA Checklist](#)[Executive Long- Term Disability Certificate](#)[Long-Term Disability Certificate](#)[AECOM Intake Brochure](#)[Dealing with Disability](#)

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AECOM
- [InternationalSOS.com](#):
11BMMS000147

RETIREMENT

Regardless of your age, it's time to start planning for retirement. Here are resources to help you understand your retirement programs, calculate how much you should set aside, and more.

RETIREMENT

401 (k)

401(k) Overview

401(k) Catch Up Contribution

Understanding 401(k) Statements

401(k) Basics

Understanding the Difference Between Pension and 401(k) Plans

Withdrawing From Retirement Funds to Avoid Foreclosure

Retirement Plan Rollovers

ESPP

How Stock Options Work

Stock Option Quick Tips

Considering a Stock Broker

Employee Stock Options

ESPP Brochure

ESPP FAQs

ESPP Prospectus

INVESTING

Diversification

Investing with Annuities

A Guide for Seniors: Protect Yourself Against Investment Fraud

IRA

Can I Deduct IRA Contributions?

IRA Tax Credit

RETIREMENT PLANNING

Retirement Planning Calculator

Retirement Planning and Your Equity Awards

Managing Your Career Transition

Pre-Retirement Checklist

Taking a Loan or Distribution from a Qualified Retirement Plan

Planning for Retirement

How Well Prepared am I for Retired Life?

Independent Living Checklist

Tips for a Healthy and Happy Retirement

Estimating Your Retirement Nest Egg

Tips for Financially Preparing for Retirement

What are Some of the Best Ways to Save for Retirement?

What Rate do I Need to Support my Retirement?

How Much do I Need to Fund my Retirement?

How Long Will my Retirement Savings Last?

Deciding When to Start Receiving Retirement Benefits

Healthcare Cost in Retirement

Retirement Longevity

Making Early Withdrawals From Your Retirement Account

Emotionally Adjusting to Retirement

What is Phased Retirement?

AECOM RSP Brochure

AECOM RSP Enrollment Guide

SOCIAL SECURITY

Social Security Retirement Benefit

Taxation of Social Security Benefits

OTHER

Veterans Pension Program

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- [InternationalSOS.com](https://www.internationalsos.com): 11BMMS000147

LEGAL

These resources can help you understand your rights and navigate within the law.

LEGAL

BANKRUPTCY

Bankruptcy Basics

Do I Need a Lawyer to File for Chapter 7 Bankruptcy?

Do I Need a Lawyer to File for Chapter 13 Bankruptcy?

ESTATE

Purchasing a Home in Foreclosure

Estate Planning Checklist

Is my Estate in Order?

Can I Deduct Mortgage Points?

Getting a Mortgage

Handling a Mortgage Foreclosure

Refinancing Your Mortgage

Do I Need a Lawyer to Buy or Sell a Home?

Why Should I Have an Attorney Review the Contract for the Sale or Purchase of a Home?

FAMILY/MARRIAGE

Legal Issues with Adoption

Legal Characteristics of Marriage

What Legal Rights do Children Have?

Living Together When you are not Married

Child Custody and Religion

Adopting a Step Child

Child Support

Checklist of Things to do After a Loved One Dies

Conservatorship, Guardianship and Powers of Attorney for the Elderly

How Will a Divorce Affect my Credit?

How can I Protect our Assets From my Spendthrift Spouse?

Education and Discrimination: What Parents Can Do

Prenuptial Agreements

What is the Procedure for Changing a Minor's Name?

IDENTITY THEFT

Identity Theft Protection

Recovering From Identity Theft

INJURY/MEDICAL

Protecting Yourself After a Car Accident

Medical Malpractice

Alternative Dispute Resolution

Right to Refuse Medical Treatment

Personal Injury Cases

The Legal Liabilities of Dog Bites

Your Rights as a Hospital Patient

Personal Injury Cases

LEGAL RIGHTS

Where Your Legal Rights Come From

The Freedom of Information Act

The Law of Torts

Victims' Rights and Restitution

What are my Constitutional Rights During a Criminal Investigation and Trial?

SMALL CLAIMS

Do I Have a Small Claims Case?

How can I File a Small Claims Action?

Suing in Small Claims Court

TRIAL

Filing a Case in Civil Court

Going to Trial in Civil Court

Can I Represent Myself if I am Charged with a Crime?

Going to Trial in the Criminal Justice System

Grand Jury, Arraignment and Plea Bargains

Serving on a Jury

Continues on next page

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LEGAL (continued)**LEGAL****WILL/TRUST**[What is a Living Will?](#)[Writing a Will](#)[Can I Change my Will?](#)[Living Trusts](#)**WORKING WITH AN ATTORNEY**[I am Looking for a Lawyer](#)[Do I Need a lawyer](#)[Working with an Attorney](#)[Durable Power of Attorney for Finances](#)[Finding the Right Lawyer](#)[Unethical Behavior by Lawyers](#)[What Should I do if I am Dissatisfied with my Lawyer?](#)[Working with an Attorney](#)**OTHER**[Understanding Legal Mal Practice](#)[Safely and Responsibly Storing Personal Records](#)[Getting Your Affairs Together](#)[Collecting the Benefit on a Life Insurance Policy](#)[The Probate Process](#)[Driving Under the Influence](#)[Is my Broker Liable if my Investments Perform Poorly?](#)[How to Handle Police Encounters](#)[Immigration Consultant Scams](#)[How can I Collect on a Judgment?](#)[Handling Traffic Tickets](#)[Legal Plan](#)[Lawsuit Guide](#)[Subpoenas](#)[Understanding Legal Fees and Expenses](#)[What is an Order of Protection?](#)[What is the Difference Between Federal and State Court?](#)

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- [InternationalSOS.com](#): 11BMMS000147

TRAVEL

Whether it's for business or pleasure, these resources can help make your travel experience smoother and safer.

TRAVEL**GENERAL ADVICE**

Travel Advice
 Travel Assistance
 Anthem Blue Card World Wide
 World Cue Traveler
 Global Travel Tips
 Tips for Americans Traveling Abroad
 Travel Rights

ILLNESS/HEALTH CONCERNS

Altitude Illness
 Animal Bites and Stings
 Deep Vein Thrombosis
 Zika Virus
 Pandemic Preparedness
 Air Pollution
 Carrying Medication Abroad
 Motion Sickness
 Preventing Mosquito and Insect Bites
 Medical Tips for Traveling Abroad
 Travel Tips for People with Disabilities and Medical Conditions
 Cruise Ship Travel Health
 Traveling and Diabetes
 Air Travel Health

NUTRITION

Nutrition on the Run
 Selecting Safe Food and Water
 Eating Healthy Abroad
 Food and Water Safety Traveling Abroad

SAFETY/PROTECTION

Security Advice
 Security Advice for LGBT Travelers
 Safe Comfortable Air travel
 Sea Lice
 Safety
 Travel insurance
 Unaccompanied Minors for Air Travel
 Tips for Women Traveling Abroad Alone
 Traveling by Air with Kids
 Safety Tips Traveling Abroad Checklist

OTHER

AECOM International SOS Membership
 Discounted Personal Travel
 AECOM's Member Portal
 Business Travel Benefits Program
 Jet Lag
 Airline Bereavement Compassionate Fares
 US Passport Cards
 Fear of Flying: Why it is Difficult to Overcome
 Triplt Travel Organizer

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INTERNATIONAL ASSIGNMENTS

These resources make working outside the U.S. easier.

INTERNATIONAL ASSIGNMENTS

[Expatriate Benefits Guide](#)

[Doctor & Facility Search](#)

[Medical Advice](#)

[Service Request](#)

[Chronic Care & Maternity](#)

[Video Consultations](#)

[Medicine Equivalents](#)

[Medical Terms](#)

[Medical Phrases](#)

[Security Profiles](#)

[Travel Assistance](#)

[Symptom Triage](#)

[Destination Dashboard Tool](#)

[Expatriation: Preparing for Home Leave](#)

[Marriage Tips for Expats](#)

[Educating Your Child Abroad](#)

[Expatriation: Coping as an Accompanying Spouse](#)

[Facilitating Professional Repatriation](#)

[Coping with Culture Shock](#)

[Global Nomads: Children of the World](#)

[Easing Your Child's Repatriation](#)

[Retirement Savings Issues for Expatriates](#)

[Communicating Across Cultures](#)

[Insurance Tips for Expatriates](#)

[Reach Out and Touch Your Destination: Getting Expatriate Families Connected](#)

[Expatriation: Coping with Separation from Loved Ones](#)

[Preparing Assignees for a Healthy Assignment](#)

[Differences in Elementary and High School Curricula in the Americas](#)

[What to Consider Before Accepting an International Assignment](#)

[How to Ensure Children Land on Their Feet During International Assignments](#)

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MANAGER RESOURCES

Being a manager is no easy task—you need to delegate, be efficient, and problem solve. These resources can help you learn new skills and lead your team effectively.

[Managers Parental Leave Checklist](#)

[Leave of Absence Checklist](#)

[Global Service Award FAQs](#)

[Benefits Guide](#)

[What's Changing Guide](#)

[New Hire Benefits Presentation](#)

[Mediating Office Conflict as a Manager](#)

[Managing a Multigenerational Workforce](#)

[How Can I Do a Better Job Delegating Tasks at Work?](#)

[How Can I Prevent Getting Burned Out at Work?](#)

[How to Provide Effective Feedback](#)

[Types of EAP Referrals](#)

[Tips for Making a Formal EAP Referral](#)

[Team-Building Activities for the Workplace](#)

[Effective Public Speaking](#)

[Effective Networking for Business Purposes](#)

[Effective Networking for Global Business Purposes](#)

[Time Management Tools & Principles](#)

[The Confident You](#)

[Managers: How to Stay Resilient in the Workplace](#)

[Time Management Techniques](#)

[Becoming a Better Listener](#)

[Making the Most of Meetings](#)

[Managing Staff Through Change & Stress](#)

[Coping with A Crisis Or Traumatic Event](#)

[Presentation for Employees Starting an International Assignment](#)

MANAGER RESOURCES

To use some of these resources, you must log in with the username and password you set up for that website. If you haven't already set up your username and password, just follow the website's directions to set up your login information. Use the following IDs if needed:

- [GuidanceResources.com](#) (EAP): AECOM
- [InternationalSOS.com](#): 11BMMS000147

Benefits may vary for employees covered by a union plan, SCA, collective bargaining agreement or other contract. You can request resources for those employee groups from your local Human Resources Representative.