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Focus on you this March [1]

February 24, 2021 by Employee Services [2]

Life continues to be full of up's and downs and it's important to remember to take time for yourself. As CU employees, we have many different options to ensure you are taking care of you.

Professional growth

Consider making professional development one of your priorities this performance year by joining one of the CU at the Top Pathways [3]. CU at the Top is a self-paced, personal and professional development program for System Administration employees. The program shows you ways to take your personal and professional growth to new heights. A series of pathways guide your progress. Focused on a specific skillset, each pathway provides classes, workshops, resources, experiences and more to serve as mile-markers in pursuit of your goals.

Personal support

There are many resources out there that are free to you to ensure your mental health is priority.

- EAP Counseling [4] through the Colorado State Employee Assistance Program provides up to 6 free counseling sessions for all state employees.
- Real Help Hotline [5] is available to those on any CU medical insurance plan with access to professional counselors 24/7.

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