

HR CHECK UP: WHO'S MANAGING YOUR HUMAN RESOURCES FUNCTIONS?

2018 Kansas Housing Conference | Presenter: Thea Parks | Thea.Parks@AtriumHospitality.com

12: Industry/Biz	8: OSHA/WC	4: EOE
11: #MeToo	7: Onboard	3: Consistency
10: Bene's Admin	6: Self-Care	2: Communicate
9: Wage/Hour	5: Prof Dev.	1: Engage

30 DAY SELF-CARE CHALLENGE

week 1

1. go for a walk alone
2. take a bubble bath
3. meditate for 10 min
4. write in a journal
5. do an art project
6. apply a face mask
7. do your hair

week 2

8. disconnect for 1 day
9. watch a sad film
10. have a long cry
11. a long walk w/ dog
12. paint your nails
13. life goals list
14. dry brush your body

week 3

15. glass of wine
16. bar of chocolate
17. feelings journal
18. health tracker
19. get a massage
20. feel good film
21. listen happy song
22. look at old picture

week 4

23. go to a cafe alone
24. go to the movies
25. complement poster
26. go dancing
27. paint a picture
28. take a photo walk
29. meditate for 30 min
30. afternoon nap

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3.

What you do
EVERY DAY
matters more than
what you do
EVERY ONCE
in a while.

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**2. BE HONEST,
PROFESSIONAL
& POSITIVE**

1. Foster honest,
open, professional
and respectful
relationships with
ALL associates.
Yes...even the ones
that are difficult to
talk to. 😊

Reflective Nuggets

12. “Leadership and learning are indispensable to each other.”

— John Fitzgerald Kennedy

11. The FY 2017 data show that retaliation was the most frequently filed charge filed with the agency, followed by race and disability. The agency also received **6,696** sexual harassment charges and obtained **\$46.3 million** in monetary benefits for victims of sexual harassment.

10. Benefits is MORE than just an hourly salary. Be certain that your associates are aware.

9. Minimum Wage-\$7.25 for Kansas | Fair Labor Standards Act-Exempt vs. NonExempt | State Labor Law Postings

8. Take all reported accidents seriously and show compassion.

7. 60% of companies fail to set milestones or goals for new hires (OC Tanner)

5. “The more seriously you take your growth, the more seriously your people will take you.”— John Maxwell

4. In most cases employers have to hold on to recruitment info for a minimum period of 12 mos. Keep everything that’s pertinent.