

# Human Resources

December 2022  
Issue 24

## Employee Services

**New Hires:** 5  
**Terminations/Retirements:** 3  
**Positions Posted:** 4

## Employee Benefits

**Benefit Enrollments:** 15  
**Benefit Terminations:** 10  
**Benefit Changes:** 3

## Employee Benefits

The County provides a comprehensive benefits program which includes, among other things, paid time off, paid holidays, health, dental and vision insurance and tuition reimbursement. In addition, the County also participates in the Florida Retirement System (FRS) which requires a 3% employee contribution and an employee funded voluntary 457(b) deferred compensation plan. For additional benefit information, visit:

<https://www.nassaucountyfl.com/243/Employee-Benefits>

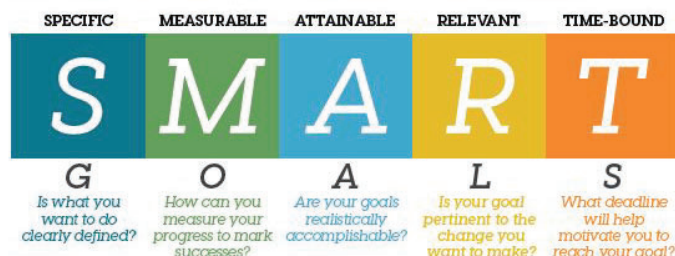


## WELLNESS

January often means a fresh start, resolutions or new objectives. Setting SMART goals gives you focus and direction, and includes an action plan to guide you to achieve them. When goals are SMART, they contain all the key elements to help you be more successful.

### SMART Goals Are...

- ▶ **Specific:** Set a clear and well-defined goal.
- ▶ **Measurable:** Include precise amounts with numerical value if possible. This allows you to measure your progress and mark successes.
- ▶ **Attainable:** Make sure your goals are realistic. You want them to be a challenge but also achievable.
- ▶ **Relevant:** Your goal should be relevant to the change you want to make.
- ▶ **Time-bound:** Include a deadline! The sense of urgency helps push you closer towards your goal.



"You can, you should, and if you're brave enough to start, you will" - Stephen King

Your Employee Assistance Program is here to help you and your family as you navigate life's challenges. For confidential, caring, professional assistance 24/7 call

800.728.9444

