

5 New Year's Resolutions to Prevent an Employer's "Auld Lan-xiety" in 2016

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Courtney Leyes' article "5 New Year's Resolutions to Prevent an Employer's "Auld Lan-xiety" in 2016" was featured in *HR Professional Magazine* on January 5, 2016.

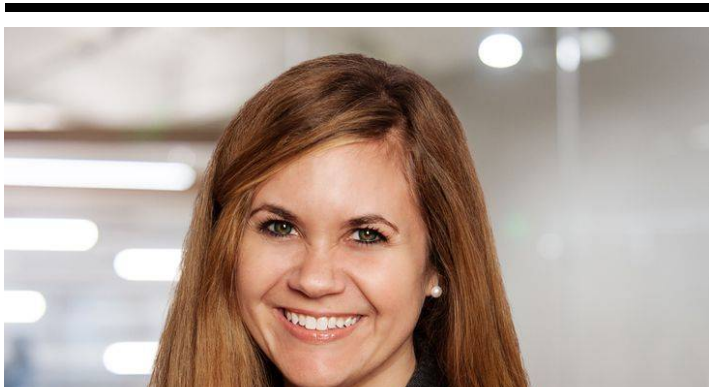
2016 is quickly approaching. If you are like 45 percent of the rest of Americans, you will most likely be making a New Year's resolution or two. And, if you are like the majority of those who make these resolutions and state the year with nothing but good intentions, you will break your resolutions just 24 days into the New Year. However, unlike the idyllic resolutions you may make in your personal life (I know my yearly "Eat Healthier" resolution falls to the way side as soon as I am confronted with a Gibson's Red Velvet Doughnut... I am weak!).

In this article, Courtney provides five good New Year resolutions that HR Professionals should keep in the upcoming year:

1. Tame the Bulge.
2. Learn Something New.
3. Fit in Fitness.
4. Get Organized.
5. Be Less Stressed.

To read the full interview, please visit [*HR Professionals Magazine*](#).

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