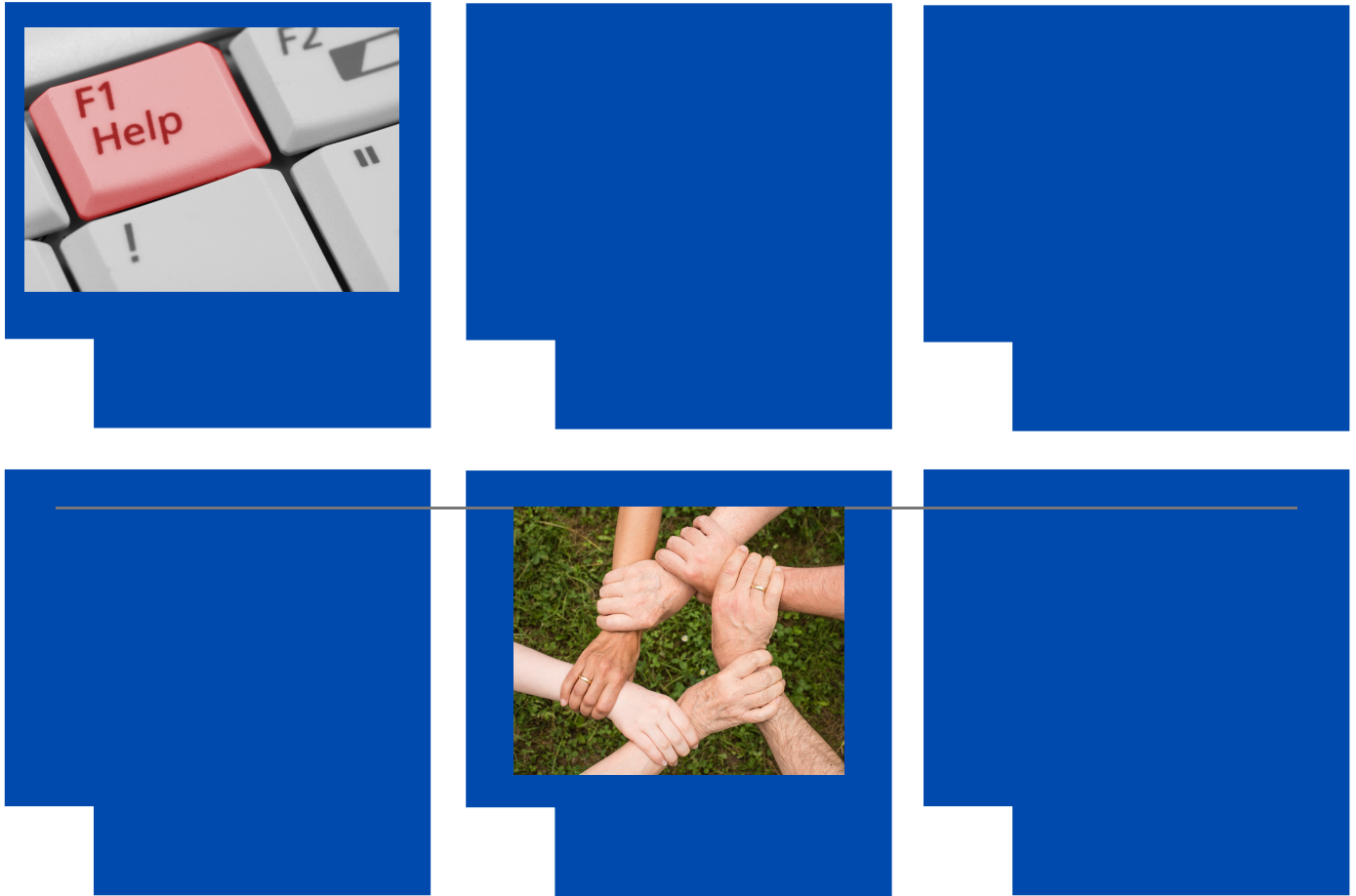


a few notes

Topic: Ask for Help



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

In today's employee check-in, we talk about asking for help. Do you ask for help when you don't know how to do something or can't manage it on your own. Change your belief and expectations. Make it easy for someone to help you. Be direct - don't drop hints, sigh, or look sad. Practice asking for help. Asking for help gives you a different insight. Asking for help can also be a way to show others that you trust their ideas or skill level. And asking for help can help you to grow. So when you need help, ask. Click here for [Source](#). [Additional source](#)