

ENGAGE!



A Newsletter Exclusively for Ambassadors
of Roth Staffing Companies, L.P.



Ultimate Staffing Services • Ledgent • Adams & Martin Group

November 2008



How to Express Gratitude in the Workplace

At this time every year, people stop and take a moment to think about all the things they're thankful for. In keeping with this spirit of gratitude, we'd like to take a look at the ways you can appropriately express thanks at work to let your supervisor or coworkers know you're grateful to them.

Keep It Simple

Saying "thank you" at work is not always as simple as it may seem. When's the right time? What should you say? How can you let the boss know you are being sincere and not just "kissing up"? Rule #1 is to keep your thank-you simple and to-the-point. Simply saying the words "thank you" when you receive assistance, good advice or a compliment from someone in the workplace speaks volumes. Unfortunately, gratitude is not always automatically expressed in today's society. Letting someone know you are thankful will make a positive impression.

Put It On Paper

Did someone go above and beyond to help you? Is your supervisor a true mentor who is helping you advance your career? In this case, a brief written note may be appropriate. It may seem old-fashioned, but in today's email-driven world, a hand-written note shows you cared enough to take the time to express your sincere thanks. Plus, a note is something the recipient can hold on to and even post at their desk. And you don't have to be Shakespeare to write an effective note. A few sincere words from your heart will convey your meaning effectively.

Be Specific and Timely

Whenever possible, be specific about what you're grateful for. For example, stating "Tom, I really appreciate your taking the time to explain this process to me. It's helping me do a better job" has more impact than, "Tom, thanks for your help." Being specific enables the recipient to understand why you are thankful and encourages them to continue this positive behavior. It's also critical to be timely when giving thanks. The longer you wait, the less of an impact you will have.

Be Sincere

Most of all, don't say thank you only because you think you "should" – say it when you really mean it. You don't need to go overboard, either. A simple expression that reflects your true feelings can be the most powerful thanks of all.

It's Good For You!

Did you know that expressing your gratitude is good for your health? According to a study at Pepperdine University, grateful individuals report "higher levels of life satisfaction and optimism, and greater energy and connections with other people." When someone deserves their thanks, go for it! It will make both of you smile all day long and beyond.

If you ever have a question about how to appropriately express thanks at your assignment, we encourage you to talk it over with your supervisor.

Happy Thanksgiving!

What are you thankful for this Thanksgiving season?

A few Ambassadors shared what they're giving thanks for this year...

"I am thankful that during this awful economy that I have a job. I am thankful that you were able to place me with NV Energy because I work with GREAT, understanding and hard working people."

Kalae Casorso
Ledgent, Las Vegas

"I am thankful that I will be able to support my new family and give them the holidays that I have dreamed of giving them."

Aaron Presley
Ultimate Staffing, Costa Mesa



Ambassador of the Month

ASHLEY MAYON, Ledgent
Washington D.C.

Sometimes an Ambassador creates such a remarkable experience, having them on a part time assignment just isn't enough! That's exactly what happened with Ashley Mayon, an Ambassador from our Ledgent branch in Washington DC. In August, Ashley began a part time assignment with our client, which could only have an Accounts Payable specialist on board for 16 hours per week. Ashley's performance was so outstanding, though, they transitioned her to full time in September – and continues her successful assignment today.

"Ashley is a great representative of Ledgent," says Service Manager, Sherley Lamarre. "She is very driven, eager to learn, highly motivated and always gives it her best effort." Ashley found that the Ambassador Program helped get her

started on the right foot. Asking her supervisor the three Ambassador Program questions enabled her to connect with him from day one. "I clearly understood his expectations, so I was able to deliver what he wanted," she says.

"Go in with a positive attitude and give it your very best effort."

Ashley also credits a supportive environment for enabling her to flourish at her assignment. "I received excellent training from my supervisor," she explains. "Everyone I work with here is great. It's always a team effort." She is also grateful for the support she's received from Sherley and the Ledgent team. "From the moment I came in to see Sherley, she was proactive in finding me the right opportunity," Ashley says. "She would follow up with me every week, and I was confident she had my best interests at heart."

What advice would Ashley give to other Ambassadors starting an assignment? "Go into every assignment with a positive attitude and give it your very best effort, you never know what great things can happen!"

Congratulations to Ashley Mayon – our Ambassador of the Month for November!

Election Day Trivia Teaser

- 1. How many electoral votes are necessary to win the presidential election?**
A. 270
B. 200
C. 300
D. 240
- 2. Who was our tallest president and the shortest?**
A. Bill Clinton; Herbert Hoover
B. Abraham Lincoln; Jimmy Carter
C. Abraham Lincoln; James Madison
D. George H.W. Bush; Teddy Roosevelt
- 3. Who was the youngest president at the time of his election?**
A. John Quincy Adams
B. John F. Kennedy
C. Bill Clinton
D. Grover Cleveland
- 4. Who was the first president to fly in an airplane while in office?**
A. Teddy Roosevelt
B. Franklin D. Roosevelt
C. Harry Truman
D. Calvin Coolidge
- 5. Who was the first president to be born in a hospital?**
A. Woodrow Wilson
B. Richard Nixon
C. Gerald Ford
D. Jimmy Carter

Please submit your answers via e-mail to: contest@rothstaffing.com by November 14, 2008. Make sure the subject line says "November Trivia Contest" and include your full name, the name of the branch you represent and the correct answers (1-8). One winner* will be selected by a random drawing held at our corporate office. The winner will receive a \$50 gasoline gift card!

**You must be a currently registered Ambassador with Roth Staffing Companies, L.P. to win.*

Comedy Corner

1. If April showers bring May flowers, what do May flowers bring?
2. What kind of music did the Pilgrims like?
3. What sound does a turkey's phone make?
4. How much did the Mayflower weigh?
5. Why do pilgrims' pants always fall down?

1. Pilgrims! 2. Plymouth Rock! 3. Wing Wing! 4. A Pur-TON! 5. Because they wear their belt buckle on their hat.



Congratulations to Kimberly Vaughn-Love, Ambassador with Ultimate Staffing in Addison, TX for being selected as the October Trivia winner.

She correctly answered 3 Musketeers, Milky Way, Bit O' Honey, Butterfinger, Fifth Ave, Pay Day, Almond Joy and Starburst. She will receive a \$50 Gas Card. Download October's *Engage!* from the Career Center on: www.ultimatestaffing.com, www.ledgent.com www.adamsmartingroup.com