

June 2022

HABITS TO EMBRACE FOR FUTURE GAINS

While the 1960 book "Psycho-Cybernetics" originally revealed the idea that it takes at least 21 days to form new habits, a more accurate number of days can be attributed to a more recent study by the European Journal of Social Psychology. The study found that it takes on average 66 days for a new behavior to become automatic, meaning the idea of a three-week overhaul of personal and professional habits may be more like a quick-fix pipe dream instead of a solid plan.



When it comes to embracing new habits to become a better leader and more successful, there are no shortcuts. However, knowing that you may be only a couple of months away from the best version of yourself, 66 days is definitely doable. In the next two months, embrace these habits to help set up yourself and your organization for future gains.

[READ MORE](#)



How have the current high gas prices impacted your daily commute?

[VOTE NOW](#)

BEST INTERVIEW QUESTIONS TO ASK JOB CANDIDATES – SELF-CONCEPT

Creating a successful and productive team starts with finding great employees who fit your organizational culture. And while you may receive hundreds of job applications from interested parties, narrowing down the talent pool to hire the right candidate for the job goes beyond resumes.

[READ MORE](#)



ASK A RECRUITER: SKILLED TRADES

May 5 was National Skilled Trades Day, which was originally created to spotlight skilled trades professions, raise awareness about the value of the workforce, and give recognition to skilled trades workers. With an emphasis on the highly sought-out profession, Refresh Leadership sat down with a seasoned professional recruiter who specializes in skilled trades from all industries.

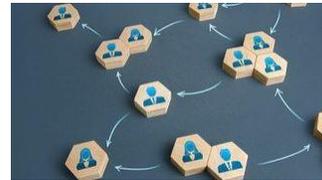
[READ MORE](#)



QUICK TIPS FOR SUCCESSFUL DELEGATION

Whether you think it will take longer to explain a task than to just do it yourself, you don't want to be perceived as passing the buck, or are worried about overloading your team—there are many excuses leaders give to avoid delegation.

[READ MORE](#)



SAFETY MONTH: OFFICE ENVIRONMENT SAFETY

June is Safety Month in North America, and to raise awareness for workplace safety, Refresh Leadership will be highlighting five areas of focus for organizations in all industries. For the first installment of our series, we are covering office environment safety.

[READ MORE](#)



SEASON 6 OF THE ON THE JOB PODCAST LAUNCHES WITH NEW EPISODES

Each week, On the Job shares stories about the pursuit of work by delving into the employment situations people from all walks of life face each day. Check out the first four episodes of the new season!

[Episode 1: The Great Transformation](#)

[Episode 2: Minding The Store](#)

[Episode 3: A Meaty Decision](#)

[Episode 4: Spreading Love Through Math](#)



Refresh Leadership is a publication of
Express Employment Professionals
Oklahoma City, OK. © 2022.