

## Meeting Notes

1. Maria Herralá of Encompass Employee Assistance Program presented information about the EAP and all of the services provided, such as
  - a. Counseling – Per topic, an employee can have five “visits” (whether via phone, video, chat, mobile app, or the MyLifeExpert web portal)
  - b. Life Coaching – anyone in the household with needs may call
    - i. Time management
    - ii. Self-care
    - iii. Setting goals
    - iv. Life transitions
  - c. Legal & Financial Resources – get 30 min. consult, then offer of discounted services
    - i. Home buying
    - ii. College planning
    - iii. Elder care
    - iv. Adoption
    - v. Retirement
    - vi. Custody
    - vii. Estate planning
    - viii. Bankruptcy
  - d. Personal Assistant – “legwork”
    - i. Travel
    - ii. Finding cleaning services
    - iii. Finding home food delivery
    - iv. Renting a bicycle
  - e. Work/Life Resources
    - i. Child care
    - ii. Elder care
    - iii. Pet care
    - iv. Housing
    - v. Transportation
    - vi. Education
  - f. Set up a profile in MyLifeExpert (<https://mylifeexpert.com/>) and download the app! Our code is **MMLLEAP** and you can call also: **800-788-8630**
  - g. You will also find informational articles, soft skills, webinars, and even a discount marketplace.
  - h. Tech support if you need it (9-5 M-F) 404-767-0064 or [support@lifeexpertnow.com](mailto:support@lifeexpertnow.com)
2. Other topics
  - a. Sheryl will send out a link to an evaluation of the annual luncheon meeting (here it is: <https://form.jotform.com/212724149654155>)
  - b. Think about your interest in serving on an MMLL Committee:
    - i. Mini-Grants
    - ii. Continuing Education
    - iii. eResources
    - iv. Maker Team
    - v. Youth
3. Next formal meeting: Tuesday, October 26, 2021 via Zoom