

January Wellness: Read to Succeed

By Anne Praino

It's a new year! A time for resolutions, good intentions and positive outlooks. The idea of a resolution is to make ourselves better, stronger, the best version of ourselves. We feel like we get to start over at the beginning of the year—clean slate. It's the time of year when we join a gym, stop smoking, clean out the refrigerator, the closets and the house, for that matter—all in an effort to grow and succeed as human beings.



Motivation is the key factor. The reason that many of us make a resolution at all is because for the first time, in a long time, we are motivated. For most of us, self-motivation can be challenging. But according to wmpmagazine, “our society today continually pushes us to keep performing better, whether we are a student or a professional.” It then becomes critical that we find a mode of inspiration.¹

Tycor wants to take on this endeavor for self-improvement in a new way. Rather than challenge you to work out three times a week for the rest of the year or even “Marie Kondo” your entire house, we decided that our monthly challenge should be personal and possible for all of us to develop some aspect of ourselves, with a little bit of help.

Personal development books flood your brain with positive words and uplifting concepts. They encourage us to examine our lives, our choices and attempt to understand why we do what we do. The idea is to bring an awareness of ourselves through exercises, techniques or just hearing another person's story and then use that knowledge to grow on a personal or professional level or both. Once our mindset has changed and we believe that we can accomplish more, we can do more. That former set of limitations that we imposed on ourselves is thrown away and we recognize a greater sense of potential in what we can do.²

We read all day, every day at work; emails, presentations, reports...the list goes on. So it's almost ironic that companies are implementing workplace reading programs. The idea is sound, though. **Studies have shown that reading has significant benefits for employee development, which in turn benefits the company.** Additional studies have shown that reading can reduce stress, increase emotional intelligence and improve communication skills. But as an employer, it's a hard ask. How do you present “developmental reading” as a professional benefit and not merely as an additional daily task? And if you assign it as homework, it becomes even more controversial.³

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Ultimately, the idea behind motivational books is to stimulate the brain towards positive and progressive thinking. Whether as a recommendation from your boss, your co-worker or simply a personal mode of relaxation in your life, we can't deny the benefits. **Individuals who read motivational books tend to be better at what they do and show more energy and enthusiasm in completing projects.**⁴

And so, we hope we have made our case. **January's Tycor challenge is to select a motivational book of your choice. Additionally, we invite you to share your book title under our social media post (if you wish). You then have the entire year to crack it open—whether on your lunch break, before you go to bed or for some early-morning inspiration.** This is a challenge—a New Year's resolution—a personal and professional goal that you can easily accomplish!

Sources

¹ <https://wmpmagazine.com/the-biggest-benefits-of-reading-self-improvement-self-help-books/>

² <https://www.mindbodygreen.com/0-15734/5-reasons-to-read-selfhelp-books-even-if-you-think-you-dont-need-to.html>

³ <https://www.geteverwise.com/talent-development/encouraging-workplace-reading-for-employee-development/>

⁴ <https://www.educationviews.org/5-benefits-reading-motivational-book-grow/>

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