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# Being Yourself at Work

Embrace your unique qualities, share your thoughts confidently. Being comfortable being yourself can lead to greater job satisfaction, and can contribute to an overall positive work environment.

## LET US HELP

**TOLL-FREE:** 1-800-280-3782

**WEBSITE:** [www.bhoptions.com](http://www.bhoptions.com)

**COMPANY CODE:** CCSD

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

