

Chamber CHATTER



MECHANICSBURG
CHAMBER OF COMMERCE
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2.29.24

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

CHAMBER EVENTS

Watch for Weekly Updates!!

March

12 - Business Women's Networking Luncheon -
Sponsored by **Sadler Health Center, 5210 E Trindle Rd,
Mechanicsburg.** 11:30am - 1:00pm. FREE member event.

28 - Business Leaders Discussion Group -
Sponsored by **PaySmart Payroll Services, 650 Wilson
Ln, Ste. 100, Mechanicsburg.** 7:45 - 9:00am.
Members only event.

RSVP to info@mechanicsburgchamber.org

Seeking HOSTS for 2024 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business,
service and more...

For a full calendar of chamber and member events,
visit www.mechanicsburgchamber.org/events

Thank You For Renewing Your Membership!

Americhoice FCU
Art Depot
Community CARES
Cumberland County Housing & Redevelopment Authority
Dogtopia Mechanicsburg
Harrisburg Senators
Hynes Group, LLC
Marzoni's Brick Oven & Brewing Co.

Mechanicsburg Eye Associates
PCI Insurance, Inc.
Pink Hands of Hope
Red Rock Landscape
Sadler Health Center
Synergy Home Care of Mid Penn
Vision Resources of Central Pennsylvania
Gary & Lorrie Weber



Tuesday, March 12
11:30am - 1:00pm

Business Women's Networking Luncheon

Sadler Health Center
5210 E Trindle Road
Mechanicsburg

Join us as we learn of all the great services that Sadler Health Center offers at their newest facility to serve the Mechanicsburg and West Shore area. Get a tour of the new health center that offers primary care, dental care, behavioral health care, lab services, a pharmacy and vision care all under one roof.

Reservations required.

RSVP to info@mechanicsburgchamber.org

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, March 28

7:45 - 9:00 am

**Sponsored by
PaySmart Payroll Services
650 Wilson Ln, Suite 100
Mechanicsburg**



RSVP to info@mechanicsburgchamber.org or call 717-796-0811.
This members-only event is **free** to attend!

Bring your questions and business topics and hear what others have to say!

Welcome New Chamber Members

Keystone Music Academy, 3705 Trindle Road, Camp Hill, PA 17011; Andrey Lubimtsev; 717-514-8988; KMAcademy.us; Education / Music

Mermaid Car Wash, 90 Cumberland Parkway, Mechanicsburg, PA 17055; Cameron Alleman; 717-795-9980; mermaidcarwashpa.com; Automobile: Maintenance/Repairs/Service

Rhema Creationz, 520 West Simpson Street, Mechanicsburg, PA 17055; Latoya Washington; 717-554-0981; www.rhemacreationz.com; Retail / Education

Silver Spring Foot and Ankle, 1300 Bent Creek Boulevard, Mechanicsburg, PA 17050; Jason Sweeley; 717-237-9000; silverspringfootandankle.com; Health Care



Camp Curtin Historical Society presents

The Mysteries of Lincoln's Visit to Gettysburg by Bradley Gottfried



2:00PM, Sunday, March 3, 2024

National Civil War Museum

One Lincoln Circle at Reservoir Park, Harrisburg, Pa.

This presentation is free. Bring a friend.

We will also have a used book sale.

**For more information, call 717-732-5115
or email genjenkins@aol.com**



**10 South Market Street
Mechanicsburg, Pa 17055**

717.766.1899

Store Hours:

Mon, Wed, Thur, Fri

10:30 - 4:30



UPMC Holding “Find Your Fit” Job Fairs March 5 to 14

UPMC in Central Pa. is hosting a series of in-person “Find Your Fit” job fairs Tuesday, March 5, through Thursday, March 14, to find talented and dedicated people to join its close-knit culture of excellence. These hiring events will be held at or near all seven of UPMC’s hospitals in the region. A wide range of career opportunities are available, including those in:

- Nursing
- Imaging
- Patient Care Support
- Pharmacy
- Laboratory
- Office Support

Attendees will be able to apply onsite, have their resumes reviewed, meet with UPMC Human Resources representatives and hiring managers and possibly have an onsite interview, learn about the UPMC Scholars Program and sign-on bonus opportunities, and explore UPMC’s Total Rewards benefits packages, which are designed to support employees’ total well-being — physical, financial and emotional.

Tuesday, March 5, through Thursday, March 14, noon to 6 p.m.

Tuesday, March 5
UPMC Outpatient Services at UPMC West Shore
Atrium
2015 Technology Pkwy
Mechanicsburg

Wednesday, March 6
UPMC Carlisle
Education Center
361 Alexander Spring Road
Carlisle

Thursday, March 7
UPMC Community Osteopathic
Conference Rooms 2 and 3
4300 Londonderry Road
Harrisburg

Tuesday, March 12
UPMC Outpatient Center (Hanover)
Conference Room 1
2201 Brunswick Drive
Hanover

Wednesday, March 13
UPMC Harrisburg
Brady Building, Capital Rooms 1 and 2
205 S. Front St
Harrisburg

Thursday, March 14
UPMC Lititz
Multipurpose Room
1500 Highlands Drive
Lititz

Outpatient Services at UPMC Memorial
Conference Rooms 1 and 2
1703 Innovation Drive
York

Registration: Individuals can register online to select a location and area of focus. Registration is not required but is highly encouraged, especially for those wishing to complete an interview at the event. Visit [careers.UPMC.com/events](https://careers.upmc.com/events).



JOB
AND Government Services
FAIR

Representative Sheryl M. DeLozier
Invites You to Participate in a Job and Government Services Fair

I will be hosting a job and government services fair for constituents of the 88th Legislative District which will, in addition to business and employers, include various state agencies and legislative information booths. If you would like to participate as a vendor and set up a table at this event, please fill out our vendor form at RepDeLozier.com/Events. There is no cost to participate.

Thursday,
MARCH
14
10 a.m. to 3 p.m.
Mechanicsburg First Church
of God Community Center
201 East Green St.,
Mechanicsburg, PA 17055

SOME OF OUR VENDORS INCLUDE:

The Woods at Cedar Run	Commonwealth of Pennsylvania
Penn State Health	PA Department of Aging
The Arc of Cumberland and Perry Counties	PA Treasury
Melissa Hiler Ind, Avon Representative	PA Department of Military and Veterans Affairs
Members 1st Federal Credit Union	US Postal Service
MedStaffers	Cumberland County Treasurer
Tribe on Quest	PA Auditor General
United Way of Central PA	PA Department of Corrections
Hilton Harrisburg	PA Public Utility Commission
Career Development Advisors	CareerLink Cumberland County
Mid Penn Legal Services	
Hollywood Casino	
UCP Central PA	

Please call my office at **717-761-4665** for questions and more information.

Representative Sheryl DeLozier will be hosting a job fair and government services fair for constituents of the 88th Legislative District which will, in addition to businesses and employers, include various state agencies and legislative information booths. If you would like to participate as a vendor and set up a table at this event, [please fill out our vendor form here](#).

[If you would like to attend the fair, please click here.](#)

There is no cost to participate as a vendor or attendee. Please call my office at 717-761-4665 for more information.



Constituents of the 88th District are invited to Representative Sheryl Delozier's document shredding event on Thursday, March 21. A previous email incorrectly stated the event was being held on a Saturday.

Safely dispose of up to four boxes/bags at this free event. This service is for individuals only; no businesses, please. Paper clips and binder clips must be removed prior to the event.

RSVPing for this event helps give the shredding company and her staff a headcount, please let her know you're coming by calling 717-761-4665 or visit RepDelozier.com/Events. Shredding will be taken on a first-come, first-served basis at the event.

Seeking HOSTS for 2024 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.

UPMC Kicks-Off “Talk to Us Tuesdays” Recruitment Events



UPMC in Central Pa. hiring teams are inviting community members to any UPMC hospital campus in the region every Tuesday between Jan. 30 and March 26 to learn more about UPMC careers. The “Talk to Us Tuesdays” sessions are offered from 8 a.m. to noon.

Talk to Us Tuesdays is a casual opportunity for clinical and licensed health care professionals to explore rewarding careers at UPMC and learn about UPMC’s Total Rewards package, which is designed to support employees’ total well-being — physically, financially, emotionally and professionally.

No appointment is needed to attend. UPMC is specifically aiming to connect with experienced professionals and current college students studying in the following areas:

- CT, MRI or diagnostic technologist
- Medical laboratory scientist or technician
- Nursing (RNs and LPNs)
- Pharmacy tech
- Respiratory therapist
- Sonographer or echocardiography sonographer
- Surgical technologist

Those interested in speaking with the UPMC hiring team should visit the hospital's main entrance and follow recruitment signage or ask to be directed to the cafeteria.*

Talk to Us Tuesdays Locations

- UPMC Carlisle, 361 Alexander Spring Road, Carlisle
- UPMC Community Osteopathic, 4300 Londonderry Road, Harrisburg
- UPMC Hanover, 300 Highland Ave., Hanover
- UPMC Harrisburg, Brady Medical Building, 205 S. Front St., Harrisburg

* Those attending at the UPMC Harrisburg campus should go to the Brady Building and ask to be directed to the Human Resources Department.

- UPMC Lititz, 1500 Highlands Drive, Lititz
- UPMC Memorial, 1701 Innovation Drive, York
- UPMC West Shore, 1995 Technology Parkway, Mechanicsburg

For more information, contact Emma Hohl at hohlee@upmc.edu, or visit careers.upmc.com to explore all of UPMC's opportunities.

JAZZ ME BAND

KIRK WISE UPCOMING
SOLO, DUO & BAND
PUBLIC DATES

Fri. 3/1 – Spring Gate Estate, Harrisburg...
Kirk Duo 6-8

Sat. 3/2 – Rotunda Brewing Keg & Eggs,
Annville ...Kirk solo 10-2

Tue. 3/5 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

Fri. 3/8 – Totem Pole Wine Farm Ranch,
Carlisle...Kirk solo 6:30-8:30

Sat. 3/9 – Hemauer Brewing,
Mechanicsburg...Kirk solo 6:30-9

Tue. 3/12 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

Sat. 3/16 – Reid's Wine & Cider House,
Gettysburg...Kirk & Dave Duo 7-10

Tue. 3/19 – Greystone Brew House@
Range End , Dillsburg...Kirk solo/duo 6-9

Fri. 3/22 – Hook & Flask, Carlisle...
Kirk & Patrick Duo 7-10

For complete up-to-date
schedule, information,
and photos go to
www.jazzmeband.com

Bookings: call Kirk at 717-979-0341 or
E-mail wisemotors@aol.com

Tour sponsors:
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LANDON WISE PHOTOGRAPHY



GFWC (General Federation of Women's Clubs) Mechanicsburg

We are inviting local restaurants and businesses to participate in our second annual **"Flavors of Mechanicsburg"**. This event is a benefit for the "Veterans' Grove" that will house homeless veterans in Central PA with 100% of the proceeds going to them. We will be cohosts with the American Legion Post 109 at 224 West Main St, Mechanicsburg, where our event is being held.

This event is also a celebration of the incredible restaurants now open in Mechanicsburg! It's an opportunity for people to explore our local treasures and for you to exhibit your culinary talents. To participate you are asked to bring 250-300 samples of whatever food you would like to feature. And, of course, please bring along marketing materials such as menus, coupons for patrons to return to your location and any other table top brochures/items you would like to display. There will also be a raffle for door prizes and a silent auction, participation is optional.

Date: **Sunday, April 7, 2024 12:30pm - 2:30pm**

Setup: 11:30pm -12:30pm

Take down: 2:30pm - 3:00pm

If your business would like to participate, please contact Pam Fleck as soon as possible (717-254-6136 or pamfleck13@yahoo.com).

Please consider joining us for this delicious way to support those who served to protect us!



**Big Brothers
Big Sisters®**

OF THE CAPITAL
REGION



BOWL FOR KIDS' SAKE

REGISTER TODAY. IMPACT TOMORROW.

1) Choose a Date.

Saturday, March 23

1:00pm & 3:30pm. ABC West, Mechanicsburg.

Sunday, March 24

2:00pm. ABC West, Mechanicsburg.

Sunday, April 7

2:00pm. 222 Dutch Lanes, Ephrata.

Thursday, April 18

6:00pm. Palmyra Bowling, Palmyra.

Thursday, April 25

6:00pm. Midway Bowl, Carlisle.

2) Register Today.

CAPBIGS.ORG/EVENTS

3) Build your team.

Invite friends, family & coworkers.

4) Raise funds.

Support a Little, a Big & a family.

5) Party!

Bowling. Pizza. Drinks. Raffle prizes.
Inspire children to dream BIG!

CAPBIGS.ORG/EVENTS

(717) 236-0199 • events@capbig.org



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Shoe Drive Fundraiser

3RD ANNUAL SHOE DRIVE



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**Donate your new or gently
used shoes through March 6th.**

GET INVOLVED!

- **BECOME A COMMUNITY DROPOFF LOCATION**
- **PROMOTE SHOE DRIVE AND COLLECT SHOES**
- **DONATE YOUR NEW/GENTLY USED SHOES**



F&M Trust, Shippensburg University partner to provide Introduction to Construction program

Shippensburg University's Office of Workforce Development recently hosted its first Introduction to Construction program designed for those seeking a career in the industry. The university partnered with F&M Trust, a community bank headquartered in Chambersburg, for two years to develop the program and to recruit construction industry partners to teach the curriculum.

The comprehensive four-day program for underemployed or unemployed adults prepared participants for entry-level roles in the field and included courses in construction fundamentals, site safety protocols, and industry-specific terminology. Participants in the program, held at the university in late February, also honed career-readiness skills such as resume building, interview preparation, and professional communication.

“The construction industry in South Central Pennsylvania is growing. With a state and federal investment in infrastructure and economic growth in this region, construction jobs are going to steadily increase over the next 10 years,” said Lorelee Isbell, Associate Vice President, Career and Workforce Development, for Shippensburg University. “Providing the potential workforce with durable, digital, and technical skills is necessary to ensure that these jobs will be filled.

The program, which was open to 25 students, was supported by U.S. Sen. Bob Casey and made possible by a \$275,000 grant from the U.S. Department of Labor, Employment and Training Administration. Supported 100% by federal funds, the program was part of the university’s South-Central Career Development and Readiness Initiative which works to fortify and uplift the local and regional community.

Shippensburg University plans to hold a Discover Careers in Construction Camp this summer for high school students and another Introduction to Construction Program in 2025.



AMERICAN PICKERS

ALL SIGNS POINT TO
ANOTHER GREAT SEASON

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PICKERS**

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**AMERICAN PICKERS ARE LOOKING FOR LARGE, RARE
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TELL US THE INTERESTING STORY BEHIND YOUR STUFF!**

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or leave a voicemail at (646) 493-2184
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PLEASE LET US KNOW:

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS

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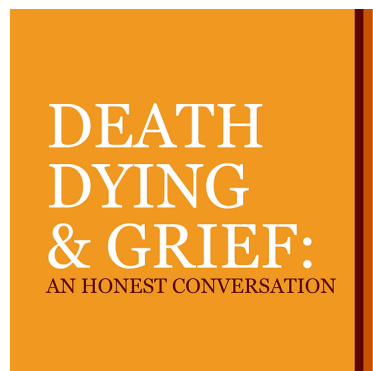
AMERICAN PICKERS to Film in Pennsylvania

The American Pickers are excited to return to Pennsylvania! They plan to film episodes of The History Channel hit television series throughout your area in April 2024.

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique “picking” on The History Channel. The hit show follows skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always excited to find historically significant or rare items, in addition to unforgettable Characters and their collections.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with amazing stories and fun items. They hope to give historically significant objects a new lease on life while learning a thing or two about America’s past along the way. The Pickers have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

The American Pickers TV Show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a unique item, story to tell, and is ready to sell...we would love to hear from you! Please note, the Pickers DO NOT pick stores, flea markets, malls, auction businesses, museums, or anything open to the public. If interested, please send us your name, phone number, location, and description of the collection with photos to: americanpickers@cineflix.com or call (646) 493-2184 facebook: @GotAPick



APRIL 20, 2024
11 AM - 3 PM
THE ENGLEWOOD

4 PRESENTERS
LUNCH
RESOURCES
FREE ADMISSION

The Englewood, 1219 W End Ave Suite B, Hershey, PA 17036

If the idea of talking about death, dying, and grief makes you cringe, you’re not alone! Join Attorney Jessica Greene at Death, Dying & Grief: An Honest Conversation – an event designed to explore these topics in a safe and uplifting atmosphere. Learn how to navigate and nurture this essential part of our collective journey.

We promise, it’s not going to be as scary as it sounds. This isn’t your typical event. We’re breaking the silence around these challenging subjects, offering a space for open dialogue and understanding. Come armed with your questions and leave with valuable resources provided by locally-owned businesses. This event is designed to be informative, comforting, and even uplifting. Let’s break the silence and learn together!

[REGISTER HERE](#)

6 Ways to Set Boundaries at Work—Even When It's Uncomfortable

By [Angela Haupt](#) - Time

Setting boundaries at work—in this economy—might seem like a pipe dream. Not be available 24/7? Not smile and accept every new assignment? Not push back when a colleague tries to steal your time?

It could be your best career (and mental health) move: Establishing expectations for what you will and will not tolerate is key to increasing productivity and wellbeing, experts agree. “Boundaries are limits or personal rules that protect your time and energy and allow you to perform at your best,” says Melody Wilding, a licensed social worker and author of [Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work](#). “Everyone likes certainty and clarity, and that’s what boundaries provide.”

Sticking up for yourself is particularly essential, she adds, when you consider how many people are burned out or plain old fed up at work. According to the American Psychological Association’s latest [Work in America survey](#), 19% of employees say their workplace is very or somewhat toxic, and 22% believe that work has harmed their mental health. Workers describe feeling emotionally exhausted, ineffective, and unmotivated, and admit to being irritable with their coworkers or customers. Meanwhile, only 40% report that time off is respected, 35% say their workplace culture encourages breaks, and 29% note that their managers encourage employees to take care of their mental health.

Enter boundaries. Setting them can be hard, acknowledges Amy Cooper Hakim, an industrial-organizational psychology practitioner and author of [Working With Difficult People](#). That’s why it’s essential to remove emotion from the equation: “When we can be a bit more pragmatic, we can clearly state to our boss, ‘In order for me to be most productive, I need this; in order for me to accomplish this task, I need that,’” she says. “Everyone is so afraid of stepping on someone’s toes or making them feel uncomfortable. It’s best to focus on being professional and courteous and clear with what we expect of others, and to treat people the way they want to be treated, but to give ourselves that same level of respect.”

With that in mind, we asked experts how to set boundaries around six common work scenarios:

If your boss routinely Slacks you at 10 p.m.

The line between work and home is so blurred it’s practically indecipherable. (Maybe someone spilled their stale office coffee on it?) “We shouldn’t have to tell our boss, ‘Hey, I’m happy to work at work, but please don’t bother me after hours,’” Hakim says. “But work-life balance is almost like a work-life merge, because things blend into each other instead of having very clear demarcations.”

If your manager repeatedly pings you after you’ve logged off for the day, Hakim suggests communicating a boundary like this: “I’ll be fully present at work, but I need to know that I’m also permitted to fully commit to my home life.” If that’s not practical in your industry, and you’ll need to be at least somewhat available, you can still set a boundary. For example, you might say: “When I step out the door, I’m going to be with my family. However, I appreciate that urgent things happen, so I’ll check my

email once a night at 9 p.m.” If something pops up after that time? It’ll be addressed the next morning.

If your time off is interrupted

You’d probably prefer not to take your colleagues along on vacation—but a stubborn few might insist on showing up in electronic form. Even if the nature of your job makes it impossible to go totally offline, you can still set boundaries around disconnecting during paid time off. It’s essential to prepare in advance, Hakim says: Let your team know who to reach out to if they have a question about a project you oversee, for example—and name a backup for the backup. Include this information in your email auto response, too.

If you suspect your direct supervisor will hound you anyway, send her a note and say: “I’m offline from X to Y. If you need me urgently and can’t reach this person, this person, or this person, give me a call and I will commit to responding within 24 hours.” That way, you won’t be leaving your employer high and dry—but you also won’t feel pressure to respond immediately. If you still feel guilty, or worried that you’ll look bad, Hakim suggests repeating this mantra: “I respect myself enough to grant myself this opportunity to take a break. I deserve it.”

If your boss piles on—and on and on

Part of you is probably pleased to be your boss’s go-to; it means they recognize and appreciate your skills. But you also want a reasonable workload—**research suggests** that having too much to do can trigger burnout. There are a couple ways to set boundaries in this scenario, says Alison Green, who runs the work-advice blog **Ask a Manager**. You might approach the conversation from a big-picture angle, perhaps during a weekly check-in: “Hey, my workload is really high,” she suggests saying. “Can we talk about how to prioritize? I’m going to need to say no to new things that come up, or take some existing things away.”

Or, you could wait until the next time your boss comes to you with a new assignment, and have an in-the-moment discussion. When they ask if you can take on a project, respond by saying: “I’m really interested in doing that, but my plate is full right now. I don’t think I can make room for it without compromising the work I’m doing on X, Y, and Z,” Green advises. That ensures you won’t get overloaded—and opens the door for your employer to figure out the best use of your time.

If you need to say no after already committing

Wilding’s clients often ask her how to say no to an assignment they already accepted. The best way to handle this situation, she says, is to have a second conversation with your boss—focusing on what you can do. “You might say, ‘When I committed to this, I thought I had the bandwidth, but looking at my calendar, it’s not possible,’” Wilding suggests. “‘However, I can attend the first strategy meeting and help you come up with an initial plan.’” With that, you’ve set a boundary around your workload—but you’re also not leaving your team totally in the lurch.

If your chatty coworker won’t let you work

It’s 2 p.m., you’re slammed, and Rick from accounting has been leaning against your cubicle for 20 minutes. Don’t be afraid to be direct, Green advises: Tell your colleague you have something you need to get done by 3. You could also communicate a boundary silently, through actions—perhaps by looking at your watch or standing up. “Physically give the cue that you’re leaving your workspace,” she says.

Or, perhaps you're struggling with any overly nosy coworker—a problem Green sees a lot. Maybe a coworker keeps asking what you're planning to do over the weekend, even after you've tried to brush them off. Or your officemate's curiosity might be piqued by the sick days you just took, or the doctor's appointment that caused you to miss the morning meeting. "You don't need to share your private medical information at work," she says. It's often easiest to make it clear that you don't wish to divulge personal details by adopting a breezy attitude. If someone asks what's going on, Green suggests responding in a cheerful tone: "Oh, just some medical stuff I had to take care of. Nothing to worry about." That, she says, signals the conversation is over.

If you crave a different style of feedback

Ideally, your manager will make it a point to ask what type of feedback you need to succeed. But maybe that hasn't happened—and your boss's gruff, blunt style is getting to you. It's a tricky situation, Green acknowledges, since boundaries are about you, and you can't change someone else's behavior. "But I do think there's room to have that conversation and say, 'Hey, I really appreciate that you're giving me all this constructive feedback to help me grow. I also need to know where I'm doing well. What should I keep doing?'"

Eventually, with overly critical bosses—who make you feel like you never do anything right—the boundary might become quitting, Green adds. She suggests asking yourself: "Is there a way to change my mental positioning and let it roll off me, or is it going to make me come home unhappy every day?" If it's the latter, it may be time to start looking for other opportunities.

About the author

Angela Haupt is a health and wellness editor at TIME. She covers happiness and actionable ways to live well.

Chamber Chatter is published on-line every Thursday.

We encourage member businesses to send us information on sales, promotions, news and events. It is a great way to promote your business or organization.

Chamber Chatter advertisements will remain for up to 4 weeks, or as space permits.

If you have something to share, please submit it by Wednesday at noon to
info@mechanicsburgchamber.org.

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