

May 2, 2023



Weekly Message

World Password Day is this Thursday which means it's a great time to take inventory of your passwords. Did you know that [over 80% of data breaches are caused by weak or stolen passwords](#)? And yet [almost 9 in 10 Americans reuse passwords across multiple sites](#). Salt Lake County is home to a lot of important information that must stay secure, but it's also important for you to secure your personal data as well.

To ensure secure employee sign-ins, Salt Lake County requires multi-factor authentications (MFA). With MFA, even if your username and password are stolen, that alone is not enough for a successful cyber-attack. Soon, [IT will increase the county's digital security](#) even more with both Multifactor Authentication (MFA) and Single Sign-On (SSO) on all systems that are externally exposed. To increase your own digital security and avoid getting hacked, follow these five simple measures:

1. Use a passphrase (instead of a simple password) with 15 or more characters. An example of a passphrase would be Utah-weather-is-crazy! or another phrase that is easy to remember. For added security, add numbers and symbols.
2. Use a unique passphrase for every account. If you're worried about remembering, a password manager can help!
3. Only use a personal email (not your work email) to sign up for personal services.
4. Keep your password private! Don't share passwords with your friends or even supervisors.
5. Use multifactor authentication (i.e., provide two or more verification factors to gain access) when possible for extra protection.

Want to promote good password habits with your team? Download the PDF with these measures [here](#). Want to stay informed on best security practices? [Learn more](#) about Salt Lake County's robust IT Security Awareness Program. Questions? Contact the IT Service Desk at (385) 468-0700.

Employee Appreciation Day

We're gearing up for another incredible Employee Appreciation Day next month. Are you joining us?

At this year's Employee Appreciation Day, we are bringing back the beloved Employee Talent Show! If you have a talent to share, please [sign up here](#). All sorts of talents are welcome—both traditional and non! There will be a show at noon and another at 2:00 p.m., and we will do our best to accommodate participants' availability.

Until then, we will be sharing engagement activities to get you and your teams in the spirit. Our first engagement activity includes Flavia the Flying Flamingo who's visiting agencies across the county to spread the word about Employee Appreciation Day while also highlighting the important work each division does for our community. Visit the [submission form](#) to submit your best photos of Flavia helping out your team. Photo submitters will be entered into random prize drawings beginning next week and continuing up until Employee Appreciation Day in June. ([Full instructions](#) can be found on the Employee Appreciation Day webpage.)

We're asking for RSVPs from all employees, even those who aren't planning to attend Employee Appreciation Day, so we can get an accurate headcount. Be sure to [fill out the RSVP form](#) and encourage your work besties to fill it out too! We'd love to see you all on **June 21** at the Utah Cultural Celebration Center!

Keep an eye on the [Employee Appreciation Day webpage](#) for more information as the event gets closer.

Flamingo-Focused Yoga

Flock to "Flamingo-focused" Yoga where Sue will help employees balance work and wellness, and give them a leg up for the yoga class offered at Employee Appreciation Day on **June 21**.

Yoga classes are **Wednesdays at 1 p.m.** at the Government Center from **May 15-June 14**. The final class will be held at the Utah Cultural Celebration Center on **June 21**.

Book Bunch

Grit: The Power of Passion and Perseverance

What goes through your head when you fall down? Are you harnessing your passion and perseverance at work? Join us for a conversation about what drives success and achievement. It is not genius or talent but a special blend of passion and long-term perseverance, that author Angela Duckworth calls grit. The conversation starts **May 31**. [Register now](#) to receive your book and start reading.

The May I.T. Newsletter

We are pleased to share *tech news, you can use!*

[This is the I.T. Newsletter: May Budget & Billing Edition](#)

Included:

- Information Technology request process
- Understanding the IT cost model
- Moving off the County's Mainframe
- 2025: slco.org domain replacement
- Adobe Creative Cloud storage changes
- Get more out of your paid Smartsheet license!
- Adjusted share settings: SharePoint & OneDrive
- + more

Motivation Engineering

Life is a series of Cause and Effect; for every action there is a result. If you want keys to motivating yourself and others, then you must understand what drives action. In [this course](#) on **May 4**, learn the five internal steps to all results and how to influence each step. Learn how to leverage the human operating system to influence, persuade, and motivate anyone in your life using the exact, proven tools and systems that we have been testing for over a decade. This training focuses on learning how to shift our subconscious and core beliefs to align with the highest and best version of ourselves. Discover the hidden 4 forces that can stunt action and growth in an instant or has the ability to catapult your team to the next level.

Written Communication Skills

Learn to deliver clear, concise, and convincing messaging to advance ideas, build consensus, and resolve conflict. [This course](#) on **May 9** is intended to sharpen participants written communication skills, build confidence, and gain an advantage in the workplace. Discover how to capitalize on the purpose of your message to get the most out of email communication, reports and other forms of written business communication.

Leading with Limited Power

We sometimes find ourselves in positions where it is hard to get things done and the main reason appears to be that we just don't seem to have the power to get things done given the existing processes. [Join us](#) on **May 18** to learn more about how to lead from a position of limited power.

Healthy Lifestyles Events

Guided Hikes

Healthy Lifestyles and the USU Extension team have partnered to bring you free guided hikes and walks over the next few weeks. Join for fun or come get your steps in for the March into May challenge! Friends and family welcome. [Register](#) today!

- May 5: Draper Suspension Bridge Hike at 6:00 p.m.

Corporate Games

Healthy Lifestyles and Parks and Rec provide a fun and friendly Olympic style games (including both sport and non-sport) each summer for Salt Lake County employees to play and participate in. These corporate games connect over 95 companies with an estimated 10,000 employee participants with the opportunity for everyone in the company to contribute to the team's success. All employees who participate or volunteer will earn Healthy Lifestyles points.

[Learn more about the games and register here](#) until **May 24**.

SMART GOV FUND

GOT IDEAS?



[SUBMIT NOW](#)

IS THE LINK SAFE?

Remember to hover over links to ensure they're safe.
Safe links should start with one of the following:

- slco.org
- slcounty.org
- slco.to
- s2.bl-1.com
- slcounty.sharepoint.com
- slco.sabacloud.com

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