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Bosses should take these 7 steps to get teams through the holiday slump and motivated for the new year

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Capitalize on the New Year mindset

When your team regroups in January, use this time to set and articulate company goals and plans for the year. It's the perfect time to revisit job descriptions and get back into the groove.

"The first few days back after a break are always hard, but they also provide an opportunity for supervisors and leaders to empower their teams to think and work in new and exciting ways," says Laura Ashley-Timms, COO at Notion.