

Develop a Resilient Mindset: Mental Health Awareness

May is Mental Health Awareness Month and resiliency is a key part of your mental wellness.

Dr. Jessica Chaudhary with Anthem recently shared her advice on developing a resilient mindset with the Brink's team via a webinar. Resiliency is the ability to manage ordinary and extraordinary life events and return to a steady state of well-being. Dr. Chaudhary explained three areas to balance and maintain your resiliency: emotional, physical and intellectual.

Tips to Develop Resiliency in Your Life

- Positive Self-Talk
- Reframing
- Learning from past experiences
- Gaining new skills and knowledge
- Connecting with others
- Communicating effectively
- Maintaining a sense of humor
- Acceptance and taking action

Check out the attachments with Brink's Resources for Mental Health and Wellness and information from Dr. Chaudhary on developing a resilient mindset.



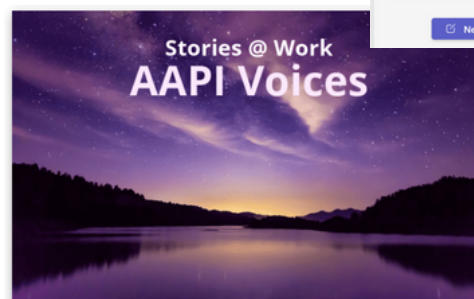
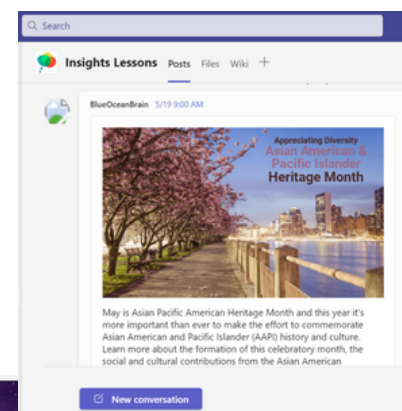
New! Easier Access to Insights via Microsoft Teams

Insights just got easier. Now you can access valuable learnings on Diversity, Equity and Inclusion via Microsoft Teams. Simply join the Insights group on Teams and the new learnings will be uploaded every two weeks. You can also start a conversation with the entire group or just a few individuals to discuss the learnings. See the Quick Links box for the link to join the Brink's Insights group on Teams and catch up on the latest.

Insights Learning: Be Proud of Who You Are

Self-acceptance is essential. But it isn't always a given, especially for those with minority identities navigating a complex social landscape.

Today, the head of global communication at Belkin International, Jen Wei is proud of her Taiwanese identity. But that wasn't always the case. Read more about Jen and other AAPI voices at Insights as we continue our focus on AAPI Heritage Month.

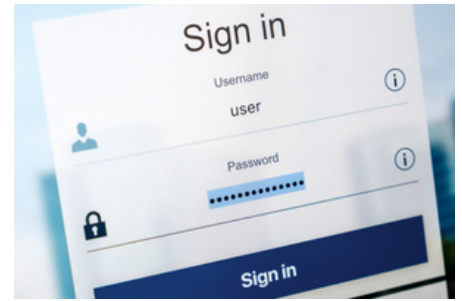


This Week @Work

Cyber Hacks: Your Password is too Weak

Time to change your password and pick a stronger one. Passwords help identify us as authentic users and keep our files / info safe from cyber crimes.

Passwords must be kept private to protect personal and sensitive information. It is important not to include any personal information in your passwords and to never share it with anyone ever.



Try these best practices to increase security and create strong passwords:

- Always use OKTA Two-Factor Authentication to add a layer of security when accessing the Brink's data
- Never share your passwords with anyone
- Avoid using weak passwords that contain your name, last name, or your username combination. Instead, use password phrases and unique characters
- Always keep your password phrase in a safe location and avoid writing it down in a visible location
- Passwords phrase should be a minimum of at least eight characters in length with a combination of numbers and characters
- Change your password phrase often and never reuse in other accounts

Join us in the Women's Resource Network ERG



Hello dynamic women of Brink's!

Are you ready to reach your full potential in the workplace?

If yes, then you would benefit from being a member of the Women's Resource Network (WRN).

This exciting employee resource group is hosting members-only special events, trainings and programs with career-focused, driven women in mind.

Please send an email to WRN@brinksinc.com to join the ERG and benefit from the networking and learning opportunities.



We look forward to your participation!

Brink's Career Opportunities

Imagine the Possibilities...

We encourage everyone to explore internal opportunities to advance their career within the organization. By setting goals, creating a plan, and gaining the right experience, you can reach the next level.

To browse and apply to internal job opportunities in Workday:

- **Go to <https://brinks.okta.com> in your internet browser**
- **Select Workday**
- **Select the Career icon**
- **Browse and apply to internal positions.**

Coppell, TX

- Coppell, TX
- SOX Compliance Supervisor
- Accounts Payable Director
- Account Payable Supervisor
- Senior Strategic Pricing Analyst
- Financial Planning & Analysis Manager
- Client Services Representative

Region 1

- Aurora, CO -Branch Manager
- Kent, WA -Diesel Technician
- Oakland, CA -Route Manager
- Aurora, CO -Route Supervisor
- Aurora, CO -Route Supervisor

Region 2

- San Diego, CA - Service Technician
- Los Angeles, CA -Diesel Technician
- Phoenix, AZ -Route Manager 2

Region 3

- Irving, TX -Cash Supervisor
- Irving, TX -Cash Supervisor Night Shift
- Irving, TX -Route Supervisor
- Shreveport, LA - Branch Manager
- Irving, TX -Cash Operations Manager
- Grapevine, TX - Route Manager
- Schertz, TX -Branch Manager
- Houston, TX -Regional General Manager
- Schertz, TX -CVS Manager

Region 4

- Minneapolis, MN -Route Manager
- Oklahoma City, OK -Route Logistics Manager
- St. Louis, MO -Diesel Technician
- Minneapolis, MN -Route Supervisor
- Schaumburg, IL- Route Supervisor
- St. Louis, MO - Diesel Technician

Region 5

- Detroit, MI -Cash Supervisor
- Detroit, MI -Cash Supervisor
- Columbus, OH - CVS Supervisor
- Cleveland, OH - Regional Safety Manager
- Indianapolis, IN - CIT Operations Manager

Region 6

- Boston, MA - Regional General Manager
- Syracuse, NY - CVS Supervisor

Region 7

- Maywood, NJ - CVS Supervisor
- New York, NY - Cash Supervisor

Region 8

- Annapolis Junction, MD - Branch Manager
- Beltsville, MD - Branch Manager III
- Frederick, MD - Route Manager

Region 9

- Memphis, TN - CIT Branch Manager
- Hapeville, GA - CIT Supervisor
- Charlotte, NC - CIT Operations Manager
- Hapeville, GA - Route Supervisor
- Norcross, GA - Branch Manager
- Atlanta, GA - Cash Logistics Supervisor
- Pensacola, FL - CIT Supervisor

Region 10

- Orlando, FL- Route Supervisor
- Miami, FL- Coin Supervisor
- Tampa, FL -ATM Manager II

BGS Openings:

- Springfield Gardens – Dock Operations Supervisor
- Springfield Gardens – Dispatch Lead
- Springfield Gardens – Training Specialist, HR
- NYC - Sales Support Specialist
- Springfield Gardens – Route supervisor
- Louisville, KY – Operations Manager

