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Look Who's Hiring!

KMA Human Resources actively recruits for a number of our clients. Visit our Job Openings page to browse current positions. [Browse Positions ...](#)



How to Increase Diversity in Your Recruiting and Hiring Process

All too often, the process of recruiting and hiring creates obstacles or disadvantages for qualified candidates due to their membership in a protected class or minority group. In this week's blog, learn



some actions you can take to eliminate discriminatory practices and increase diversity. [Read More ...](#)

Compliance Guidance: What You Need to Know

Department of Labor Guidelines on Breaks

Learn about the DOL's guidelines on breaks, including rules around paid, authorized, and non-authorized breaks. [Read More ...](#)



Reminder: Medicare Part D Notices Due

October 15 was the deadline for employers to send their annual Medicare Part D notices. In this article, KMA provides employer guidance as well as a link to model notice letters. [Read More ...](#)



Pay Equity: Trends and Compliance

In the past few years, there has been renewed focus at the state, federal, and local levels to close the pay gap on the basis of gender or ethnicity. Learn more about this trending topic in this article from KMA. [Read More ...](#)



Why Paying it Forward is in KMA's DNA

Learn about the power of paying it forward—in business and in life—in this conversation with Kim Anania, KMA president and current Make-A-Wish® Maine Board Chair. [Read More ...](#)



Come Learn with KMA

Slow Down and Tune Up With Us on December 7!

Managing Stress *(Morning Session)*

WHEN: Friday, December 7, 2018, 9:30 am to 11:30 am

WHERE: Clark Insurance, Portland ME

This program begins by exploring different sources of stress, and how each can negatively impact our thinking (mind) and physiology (body), and even bleed into other areas of our lives. It also recognizes that a certain amount of healthy stress can be motivating and lead us in the direction of achieving our goals. Participants will learn simple and easy strategies to alleviate some of the heaviness associated with stress at work.

[Learn More & Register](#)

Developing Your Organization's Core Values *(Afternoon Session)*

WHEN: Friday, December 7, 2018, 1:00 pm to 3:00 pm

WHERE: Clark Insurance, Portland ME

Core values are a company's most important qualities that steer the business in an intended direction, serving as a beacon and offering clarity on many levels. When understood and embraced by employees, core values nurture positive work cultures. This program helps leaders identify and commit to a set of core values they wish to cultivate in their organizations.

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