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PMI-NNV 2012 Holiday Party

Thanks for a wonderful time at the Holiday Social! On behalf of the entire PMI-NNV board, we want to thank you for all your support and we wish you all a very wonderful holiday season!!

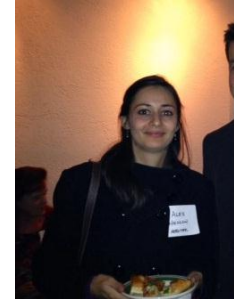
[Monthly Dinner Meeting](#)

[Monthly Lunch Meetings](#)

[Article 1](#)

[Article 2](#)





Monthly Lunch Meetings

In addition to the PMI-NNV monthly evening meetings, we will continue having two lunch time meetings so that you may attend the location most convenient for you. The format will be the same for all lunch meetings: relaxed with lots of discussion about real-life experiences in project management.

December- Facilitation

December 11th

Our monthly Carson City lunch forum will be held every 2nd Tuesday of every month at High Sierra Brewing Company at 11:30 to 1:00pm.

December 18th

Our monthly Reno lunch forum will be held every 3rd Tuesday of every month at the **Olive Garden** at 11:30 to 1:00.

What Are You Grateful For?

With the holiday season quickly approaching, our already full plates are even busier with preparations. As project managers, we find it challenging to slow down because we are good at planning and executing from the cards, to presents, special meals and events. People count on us to do it so they can sit, eat their favorite foods while watching a sporting event! Data has proven that slowing down and keeping a positive viewpoint can impact your mental and physical well-being. And, have a direct impact on how others see you. Ellen Goldman, a Health and Wellness Coach, studies people and the power of gratitude. Here's an excerpt from an article she wrote on the "Power of Gratitude":

Robert Emmons and Michael McCullough are two of the leading American investigators of gratitude. They describe gratitude as personality strength—the ability

to be keenly aware of the good things that happen to you and never take them for granted. Grateful individuals express their thanks and appreciation to others in a heartfelt way, not just to be polite. If you possess a high level of gratitude, you often feel an emotional sense of wonder, thankfulness and appreciation for life itself.

Researchers are finding that individuals who exhibit and express the most gratitude are happier, healthier, and more energetic. Grateful people report fewer symptoms such as headaches, stomachaches, nausea, even acne, and spend more time exercising! And the more a person is inclined towards gratitude, the less lonely, stressed, anxious and depressed he or she will be.

So, I ask you this holiday season – What are you grateful for? If you don't have the perfect gift, or money for the perfect gift, what creative ways can you find to express your gratitude for the special people in your life? One of my favorite holiday memories was the year we decided to do a picnic with friends and family in a park for our holiday meal. We still talk about how we all brought something, tried new things, and got to spend the day visiting and hanging out in the Sun instead of in the kitchen cooking and cleaning all day. Where's your favorite hangout? When was the last time you invited friends and family there for a potluck picnic?

Julia Childs
VP of Marketing

There's an App for that..

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