

## Presidents Message

### Welcome 2013!

Welcome to 2013 Northern Nevada! We have had our share of struggles and challenges to overcome during the past few years. And it is during these times when skilled, dependable leadership is most valuable. Now more than ever, project management professionals need to stay informed of project management methodologies, and strive to keep their PM and leadership skills sharp.



PMI-NNV is here to support the continual development of our project managers and community leaders. Our organization consisting of professional volunteers, is committed to learn, grow, and network together to support each other to do the same. It is the objective of PMI-NNV to continually bring value to members and give back to our community through the creation of new programs and networking opportunities. And the involvement of PMI-NNV members is a critical component of our success.

We're looking for leaders to take a more active role in the operation of PMI-NNV. I encourage you to join me and get involved with PMI's Northern Nevada Chapter this year. PMI-NNV wouldn't be what it is today without your continuing support and participation. Join the PMI-NNV Board of Directors! Officers are integral to our continued growth - an essential part of the organization to provide continuing education, networking, and personal growth opportunities for our members. This year we have three positions open for election: President Elect, Vice President of Marketing/Communications, and Vice President of Member Services. The investment of time can be rewarding in so many ways for you and others:

- Build your project management and leadership skills
- Networking provides lasting professional and personal contacts
- Develop new job skills along with adding experience to your

resume

- Increase your personal satisfaction
- Contribute to helping our chapter offer opportunities for our members
- Be challenged and appreciated by sharing your skills with others
- Earn PDU's

Please consider joining the team of officers and take a more active role as a valuable contributor to the continued growth of PMI-NNV! I look forward to seeing you soon at a PMI-NNV meeting or event. Together we will make 2013 a prosperous year for us all.

Carmen Jones  
PMI-NNV President

## Monthly Dinner Meeting

### Organizing and Olympic Bid

The Reno Tahoe Winter Games Coalition (RTWGC) has led the way over the past decade in promoting our region as a world class sports tourism opportunity. Most notably, this non-profit group of public and private Nevada and California leaders continues to position Reno-Tahoe as the best choice to host the next North American Olympic Winter Games. This pursuit is a project of many stages. After the 1960 Winter Olympics at Squaw Valley, efforts to bring them back were initiated in the 1980s and the Nevada Commission on Sports (NCOS) was officially established by the legislature in 1989. Reno-Tahoe stayed in the Winter Olympic bid competition in the early 1990's, but the U.S. Olympic Committee (USOC) advanced Anchorage to the International Committee for 1992 and Salt Lake City for 1998 and 2002. In 2001, the RTWGC was established to spearhead the bid efforts independent of – but with the full support of – the NCOS. The Reno Tahoe Winter Games Coalition is the current organization responsible for developing the bid strategy and the support team capable of effectively competing for a future Winter Olympic Games award. At PMI's January 22 meeting, RTWGC Chief Executive Officer Jon Killoran will describe organization of the project, the latest Olympic bid developments, continued planning for a potential bid, and other events that are and may be coming to the area.



Jon Killoran is the Chief Executive Officer of the Reno Tahoe Winter Games Coalition. He handles the day-to-day operations for this non-profit organization, with the mission to promote Reno-Tahoe as a world class sports

tourism destination by hosting, producing and facilitating events with the ultimate goal of bringing a future Olympic Winter Games back to the region. Jon has served in this position since February 2009, working with leaders from Nevada and California to position our region as a premiere sports destination and favorite to host the Games. Before joining the Olympic effort, Jon spent 21-years in Reno's television news industry. He earned several awards for his work as a sports broadcaster before being promoted to a similarly distinguished stint as news director for KRNV News 4.

#### **Meeting Time and NEW Location**

The presentation is scheduled for the January 22 meeting of the Project Management Institute's Northern Nevada Chapter. It will be held at **Yosh's Unique Deli (85 Foothill Drive, Reno)**. Networking begins at 5:30pm, dinner and announcements begin at 6:15pm, and the presentation begins at 7:00pm. The charge for dinner and presentation is \$25 (\$20 members); \$10 (\$5 members) for the presentation only. Register on-line at <http://www.pmi-nnv.org/> One PDU can be earned for attending. Additional information can be obtained from Wynnlee Crisp, NNV PMI Program Director, (425) 681-7887.

## **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. (**New location for Reno will be Jack's Cafe at 7671 S. Virginia Street**)

#### **January 8th**

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.

#### **January 15th**

Our monthly Reno lunch forum will be held every 3rd Tuesday of every month at **Jack's Cafe** at 11:30 to 1:00.

## **The Value of Volunteering**

As a member of the PMI-NNV Board of Directors, I have the opportunity two or three times a year to write an article for the monthly newsletter. In the past I have tried to share some new project management insight that I've been aware of, or a new offering I had discovered on the global PMI website.

This month I wanted to share a topic that has been frequently discussed at

our monthly board meetings, "How do we encourage more members and non-members to volunteer their time to our organization?" PMI-NNV, like all non-profit organizations, is dependent on volunteers to sustain the organization. It is a simple straight forward question, but the answers are not so easy. More and more we all are living in a fast-paced environment. Demands from our day jobs, family commitments, personal time, etc., all pull us in many directions. Where do we find the extra time to volunteer and why should we?

I thought I would attempt to answer this question by sharing my volunteer experience. I was not part of the core group of individuals who worked tirelessly to create the PMI-NNV chapter. I love teaching and sharing with others and, in the winter of 2009, I volunteered to teach a session of the PMP Prep class being offered. That experience allowed me to meet others in the organization that shared my passion for teaching and eventually lead me to be in charge of the chapter's PMP Prep class offerings. Taking one step at a time, I was appointed to, and then elected to the position of Vice President of Professional Development. I am currently serving at the President-Elect of the chapter.

While most people may feel that volunteering is a one-way street, someone giving to the organization their time and effort, I have found that I have gained far more than I have given. My time as a volunteer to PMI-NNV has been a broadening experience both personally and professionally. I've been able to develop relationships with a wonderful group of people who volunteer their time and efforts for our organization.

I have gained experience in areas that my day job does not offer, enjoyed networking with fellow project managers in the Northern Nevada community, our region, and across the globe by attending PMI Leadership meetings. What I have learned by first offering to teach one class is just how rewarding giving back to the community can be. Volunteering is really a part of a good life balance.

Take a minute and think about how you can take advantage of the many volunteer opportunities available in the chapter. It is really worth it!

John Sheltren

PMI-NNV President Elect

## Watch Your Language



(Courtesy of Kevin Ciccotti, CPCC,  
ACC [www.humanfactorformula.com](http://www.humanfactorformula.com) )

Have you ever noticed when people ask you how you're doing, you will almost invariably answer based on the emotional state you're currently in? For example, if you feel as if you're just barely hanging on or are feeling frustrated, you might answer with something like, "I'm hanging in there," or "I'm all right, I

guess." Or, if things are going exceptionally well, you might fire back with, "I'm doing incredibly well!"

Those answers – and more specifically, the language of those answers – can serve to keep you right where you are. But what if I told you that you can change your feelings and emotions, and literally set the course for an outstanding day simply by changing your language? Curious? Good, let's dig in!

*"Use what language you will, you can never say anything but what you are."* – **Ralph Waldo Emerson**

One of the most powerful forces in your life is the language you use on a consistent basis. But I'm not just talking about the words you use when communicating with the people around you; that is certainly very important. I'm also talking about your internal language.

**I believe that the quality of your life is consistent with the quality of the language, both internal and external, that you use on a repeated basis.**

You see, when we describe an event or experience, the words become the experience. What does that mean? Think about this for a minute. I knew a guy who would consistently describe the events in his life as "frustrating." I'd ask him how his day was, and he'd respond with, "It was so frustrating at work today!"

So, of course, the predominant emotion he experienced was frustration. And that speaks directly to the overall quality of his life. I can tell you he experiences frustration on a regular basis.

*"But if thought corrupts language, language can also corrupt thought."* – **George Orwell**

I have a very close friend who, whenever I ask him how he's doing, will always respond with a huge smile and say, "Perfect and improving. Thank you for asking!" What do you think he gets to experience consistently in his emotions? You get the idea.

How might your language impact you at work? With your teams? In regard to your projects? If you find yourself habitually talking about the challenges, the frustrations, the disappointments, the annoyances, etc. then that is what you're going to experience.

If you walk in the door and ask yourself something like, "What kind of mess am I going to find today?" or say to yourself, "This project really irritates me!" then you can rest assured that you'll find exactly what you're looking for.

**Why not set a new standard for yourself and your teams?**

When we change our language, we engage our brains in a whole new way, sending a different message to it that suggests we look for what we're focused on. I won't go into the whole neuroscience behind this mechanism and how it works. What you need to know is this; wherever focus goes, energy flows. Meaning, if you're telling your brain that you're frustrated, angry, disappointed, happy, ecstatic, or excited, then it will filter all incoming information to seek those things; and that will largely determine the quality of your experience for that day.

I'm not discounting the fact that in every day, there are opportunities for challenges or unwanted surprises, but if you're already in a resourceful and happy emotional state, think about how much more effectively you'll handle them!

When you take that to the next level, and begin using more effective language with your teams, you also program them unconsciously to seek what you're suggesting. For example, in a team meeting to review project status, you might be tempted to point out a problem and say something to the effect of, "We've got a problem here. And it's going to create some turmoil until we get it figured out." Think about how that impacts your team.

First, it creates a sense of uncertainty in them. What's wrong? Is it my fault? Why does this always happen? Etc. When people are in a state of uncertainty, it can create feelings of fear and anxiety, which will severely hamper efforts to resolve the issue. People will focus on the problem as opposed to the solution, and may find themselves in a reactionary mode rather than a responsive one.

What if instead, you say, "Well, we have an unanticipated surprise! And I have confidence that this team has exactly what we need to resolve it." I'm not just playing with words here. You must understand that words are programming for our brains. It sends very specific signals on what to focus on, thereby setting up our response. Think about the difference in language and how it impacts you and the people around you.

Like anything else, it takes practice to shift your language. But, I promise you that when you do, the results are instantaneous and significant. It's not about "positive thinking." It's about being resourceful and using intelligent language that focuses you and your teams on the best possible outcome, rather than the problem itself.

And how knows? You just might find yourself answering the question, "How are you?" with, "Perfect and improving! Thank you for asking!";lkj;lkjl;kj

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