



January 2020

# NUHRA Newsletter

www.nuhra.org

## 2020 Board Members

|                                   |                    |
|-----------------------------------|--------------------|
| <b>President</b>                  | Ronda Bateman      |
| <b>President Elect</b>            | Miles Romney       |
| <b>Secretary</b>                  | Erica Robinson     |
| <b>Treasurer</b>                  | Ashley Shreeve     |
| <b>VP Membership</b>              | Stacey Comeau      |
| <b>Communication</b>              | Christina London   |
| <b>Programs</b>                   | Steven Maughan     |
| <b>Certification</b>              | Shauna Greer       |
| <b>Hospitality</b>                | Alison Evans       |
| <b>Workforce Readiness</b>        | Darren Rogers      |
| <b>Diversity</b>                  | Nick Allen         |
| <b>Legislative Representative</b> | Michael Stanger    |
| <b>Public Relations</b>           | Maddie Page        |
| <b>SHRM Foundation</b>            | Elizabeth Phillips |
| <b>College Relations</b>          | Veronica Akers     |
| <b>Student Chapter President</b>  | Leland Cassel      |
| <b>Past President</b>             | Tia Larsen         |
| <b>Employment Law Specialist</b>  | Jesse Oakeson      |
| <b>Golf Committee Chair</b>       | Shawn Choate       |

### INSIDE THIS ISSUE

|                       |   |
|-----------------------|---|
| 2020 Board Members    | 1 |
| Happy New Year        | 1 |
| Resolutions and Goals | 2 |
| Upcoming Events       | 3 |

## Happy New Year

Welcome all NUHRA members for 2020!

We have great speakers set up for our monthly meetings and our half-day conference in May. Programs for the year are nearly all planned.

We are always looking for new members; if you know anyone that may be interested in joining, please send them to our website, nuhra.org. Remember, you can bring one guest per year, free of charge, as long as he/she is interested in potentially joining NUHRA. It is a great way to show off our great members and speakers.

I want to thank Tia and her 2019 Board for the wonderful job they did. Thank you so much!

Ronda Bateman  
2020 NUHRA President

AFFILIATE OF

SOCIETY FOR HUMAN  
RESOURCE MANAGEMENT

## Resolutions and Goals

If you missed our December luncheon, then you really missed out – and not just because there was surf n’ turf.

Angie Osgulthorpe from the Davis County Chamber of Commerce presented, *Help Employees Set Goals & Accomplish Their Objectives*.

Angie Osgulthorpe is the current President/CEO of the Davis Chamber of Commerce and spoke with us regarding Helping Employees Set Goals & Accomplish Their Objectives. This presentation focused on HR helping employees set goals for the new year to accomplish their objectives, lead a balanced life, while being a good leader and mentoring others.

Some takeaways from Angie’s presentation were:

- “Showing up matters.”
- “Be yourself, unless you are a jerk. Then don’t be yourself.”
- “Stretch yourself to do scary things.” *She recommended the book, Growth Mindsets.*

As you can imagine, to stretch ourselves and grow into the amazing people we can be, she encouraged us to set goals in writing.

She emphasized that they should be SMART goals (specific, measurable, action-oriented, realistic, and time-bound).

She encouraged us to set goals in four different areas:

- Physical
- Mental
- Social
- Spiritual (Whatever that means to you)

First we set goals for ourselves and then on behalf of our department. We also should encourage our employees to set goals.

She had a few people share their goals and we could see what a powerful thing this could be. As HR professionals, she stressed, we have influence over so many people. Let’s hope we can use that influence to accomplish something positive.

So, what resolutions do you have for yourself? In your personal life? At work? When you reflect upon your year this time next year, what do you want to look back and see? Who will you have become?

Now get to work!

## Upcoming Events

### January Luncheon

**When:** January 16  
**Time:** 11:30 – 1:00  
**Where:** Davis Hospital

Jan Hovrud from Training Werks will present, *Steep and Deep – Using the Power of Emotional Intelligence in Human Resources.*

Please RSVP before noon the Monday prior.

These luncheons have been pre-approved by SHRM and HRCI.



### February Luncheon

**When:** February 20  
**Time:** 11:30 – 1:00  
**Where:** Davis Hospital

Mariel Reimann from the UALD will present to us.

Please RSVP before noon the Monday prior.

## NUHRA 2020 Calendar

|  |   |  |
|--|---|--|
| <p><b>January 16</b><br/>                 Luncheon<br/>                 Davis Hospital<br/>                 11:30 – 1:00</p> | <p><b>February 20</b><br/>                 Luncheon<br/>                 Davis Hospital<br/>                 11:30 – 1:00</p> | <p><b>March 19</b><br/>                 Luncheon<br/>                 Davis Hospital<br/>                 11:30 – 1:00</p> |
|--|---|--|

see calendar items in detail:

[www.nuhra.org](http://www.nuhra.org)