

# NUHRA Newsletter

www.nuhra.org

## 2025 Board Members

<b>President</b>	Christina London
<b>President Elect</b>	Rachel Child
<b>Secretary</b>	Erica Robinson
<b>Treasurer</b>	Nick Allen
<b>VP Membership</b>	Stacey Comeau
<b>Communication</b>	Selena Line
<b>Programs</b>	Veronica Akers Shawn Choate
<b>Certification</b>	Sarah Denson
<b>Hospitality</b>	Nathalia Cornell
<b>Workforce Readiness</b>	Darren Rogers
<b>Diversity</b>	Shauna Greer
<b>Legislative Representative</b>	Michael Stanger
<b>Public Relations</b>	Miles Romney
<b>SHRM Foundation</b>	Ronda Bateman
<b>College Relations</b>	Rachel Child
<b>Student Chapter President</b>	Kirsten Ward
<b>Past President</b>	Shauna Greer
<b>Employment Law Specialist</b>	Sean Monson
<b>Golf Committee Chair</b>	Shawn Choate

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## President's Address

Welcome to the New Year!

Thank you for making NUHRA great! We had a fabulous 50<sup>th</sup> anniversary and couldn't have done it without you. We also really appreciated Minky Couture for sponsoring the event.

This year we already have some great speakers planned, including another half-day conference and golf tournament. We hope to have you join us.

This year we have couple of things on which we'd like to focus:

1. Member Retention
2. Underutilized Talent

We'd love your help with both of these initiatives. If you know of someone who is no longer a member of NUHRA, we'd love to know why (even anonymously). We'd also love for you to reach out and tell them how great it is here.

When it comes to underutilized talent, there are so many groups that this could describe – feel free to share your thoughts and ideas with us.

Christina London, SPHR, SHRM-SCP  
2025 NUHRA President



## New Year's Resolutions for the Workplace

SHRM has an article on HR professionals and their New Year's Resolutions for work.

<https://www.shrm.org/topics-tools/news/organizational-employee-development/2024-hr-resolutions>

Some of the resolutions included:

- Create Connection – including facial interaction, team building exercises, and open communication channels.
- Provide Harmony, Empathy, Feedback – create a culture where feedback is frequent and honest/
- Create Clarity, Improve Communication – employees should understand their contribution to the organization.
- Promote EAP Use – focus on employee well-being.
- Boost Engagement, Well-Being – a healthy team is the key to growth.
- Foster Growth – prioritize personal development.
- Integrate the Remote Workforce – foster deeper cultural understanding and be inclusive.
- Personalize Employee Experiences Through AI – analyze employee data to tailor development plans.
- Respond to Job Applicants – engage with applicants, even when they don't make the cut.

Have you ever set New Year's Resolutions for work? What did they include?

NUHRA's New Year's Resolution this year is to communicate our gratitude more often to our members. We do not exist without members and it has often been said that NUHRA is one of, if not *the*, best chapter in Utah. Our members seem to care for each other, want to help each other, and we want to help each other succeed.

Thank you for being a part of our chapter and have a Happy New Year!

## Upcoming Events

### Ask an Attorney

**When:** February 4, 2025

**Time:** 8:00 – 9:00

**Where:** Zoom

Join us in Zoom for our quarterly Ask An Attorney event.

Attorneys Sean Monson and Michael Stanger will join us as we ask them our many questions.

We are excited to provide this quarterly event.

### February Meeting

**When:** February 20, 2025

**Time:** 11:30 – 1:00

**Where:** Courtyard Marriott & Zoom

Please join us as we hear from Bruce Boucher, MHR Professor and Director of the MHR Program at Utah State University. He will present, "Communication is Currency."

Please RSVP before noon on February 17.

This meeting has been submitted for HRCI and SHRM credit.

### March Meeting

**When:** March 20, 2025

**Time:** 11:30 – 1:00

**Where:** Courtyard Marriott & Zoom

Join us as we hear our annual Economic Update from Michael Jeanfreau, Senior Economist at DWS.

This meeting has been submitted for HRCI and SHRM credit.

Please RSVP before noon on March 17.

## NUHRA 2025 Calendar

<p><b>February 4</b> Meeting 8:00 – 9:00</p>	<p><b>February 20</b> Meeting 11:30 – 1:00</p>	<p><b>March 20</b> Meeting 11:30 – 1:00</p>
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see calendar items in detail:

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