



March 2021

NUHRA Newsletter

www.nuhra.org

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Past President	Ronda Bateman
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President’s Address

Hello All!

We are just days away from Spring officially beginning. Which means probably several of you like me have been ditching the early morning routines because of the time change...

We are excited to share and hopefully you have seen already that we are planning to host our Half Day Conference in May as virtual and live-in person. We have secured a location that can adequately hold a medium sized group and maintain social distance.

Following along with the theme of in person, we are looking to transition our monthly lunch meetings to in person as well following our annual conference. And I am sure a few of you know what that means as well... Yes, we are planning on holding our annual Golf Tournament as well this August. The Golf committee is already hard at work to put this together.

A quick note on the newly rolled out Slack communication app. We have created several new channels within Slack to start collaborating on different topics. If you do not want to miss out on any of the conversations or information you need join the hashtags like; #allthingsjobs, #announcements, #ineedsomehelp, and #random. To join the main Slack channel please go to, tiny.cc/NUHRASlack

All the best,

Miles Romney
2021 NUHRA President
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AFFILIATE OF



SOCIETY FOR HUMAN RESOURCE MANAGEMENT



President's Address, continued from page 1

P.S. We are always looking for new members; if you know anyone that may be interested in joining, please send them to our website, nuhra.shrm.org. As a reminder, you can bring one guest per year. This is a great way for them to get a taste of our great membership and speakers. And do not forget our new lower membership fee for 2021.

Good News

Nick Allen passed his SHRM-SCP exam!
Way to go, Nick!

Did YOU recently pass a SHRM or HRCI certification exam? Let us know! We'd love to celebrate with you.

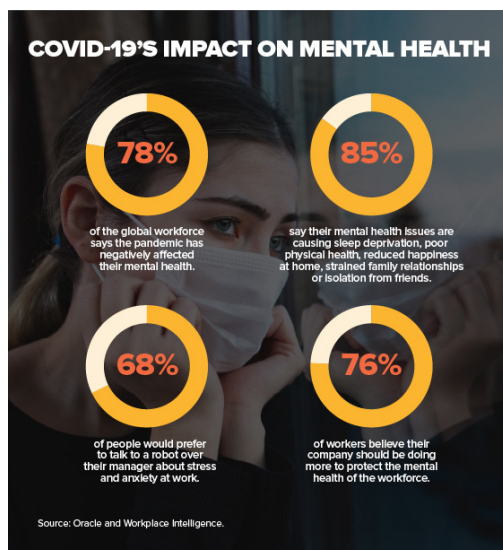
COVID 19 and Mental Health

It has been a year.

One very long, tiresome year that has taken its toll on the mental health of our employees. Many have been stressed, overworked, sick, and worried at some point during this year. We have heard joking comments about having Zoom fatigue, being over wearing a mask all the time, and needing a tropical getaway, but are we taking any of it seriously?

Do we as employers have a responsibility to make sure our employees are doing alright in terms of their mental health? In terms of productivity, it is definitely in our best interest. What can we do that we haven't already done?

1. Provide an environment where employees can feel safe to disclose feelings of stress, fatigue, or burnout.
2. Advertise your EAP and all of its benefits, including its confidentiality.
3. Consider adding more to your benefit package or EAP.
4. Have discussions with employees about what is causing them stress. There may be other ways the organization can help and often just feeling heard can help immensely.



Source:

https://www.shrm.org/hr-today/news/all-things-work/pages/covid-19-fatigue-takes-hold.aspx?_ga=2.83043158.194775985.1615316270-1523158641.1513009805

Upcoming Events

March Meeting

When: March 18
Time: 12:00 – 1:00
Where: Zoom

Details about this event will be available online at nuhra.org soon.

Please RSVP before noon on March 15.

This meeting will be submitted for HRCI and SHRM credit.

April Meeting

When: April 15
Time: 12:00 – 1:00
Where: Zoom

Details about this event will be available online at nuhra.org soon.

Please RSVP before noon on April 12.

This meeting will be submitted for HRCI and SHRM credit.

Half-Day Conference – Save the Date!

Date: May 20, 2021
Time: 8:00 A.M. to 1:00 P.M.
Location: Warehouse 22, 1068 W 350 S Suite A, Syracuse, UT 84075 AND Virtually on Zoom

This year we will hold a hybrid conference!

We'll be in-person at Warehouse 22 (distanced and masked) as well as on Zoom. Feel free to register for whichever option you need.

Speakers include Carl Sokia, Kurt Garbett of Franklin Covey, Jesse Oakeson and Mark Tolman, and Kevin Ames.

You won't want to miss this!

More details will be announced soon.



NUHRA 2021 Calendar

<p>March 18 Meeting Zoom 12:00 – 1:00</p>	<p>April 15 Meeting Zoom 12:00 – 1:00</p>	<p>May 20 Half-Day Conference Warehouse 22 & Zoom 8:00 – 1:00</p>
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see calendar items in detail:

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