

December 2020 - January 2021

The GOOD News

Greater Orlando Organization Development Network



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Upcoming Meetings

BI-MONTHLY MEETINGS

December 4, 2020 Bimonthly - "Change your Day, Not your Life"; A Virtual Meeting on Zoom

Andy Core will focus on themes from his book: "Change your Day, Not your Life: A Realistic Guide to Sustained Motivation, More Productivity and the Art of Working Well."

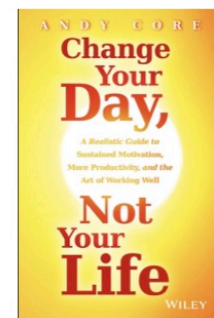
Have you asked yourself, "Why don't I do what I know I should?" Have you felt:

- Too tired to re-energize yourself?
- Too distracted to feel "connected" to others?
- Too busy to be productive?
- Too worried about the future to be fully present in the moment?

Andy Core believes in hard working adults and in their ability to stay motivated and achieve big goals. But, many need to *Change Their Day* so that they have the energy, meaning and confidence they need to reach those big goals. Andy will introduce you to Thrivers, Strivers and Strugglers, and help you answer the question, "*Why do some people thrive in high demand environments and others struggle?*"



Andy Core



Register for Friday, December 4th
Bimonthly

January 8, 2021 Bimonthly - "Change Management: Smart Way through Transitions" ; Virtual on ZOOM

Aimee Bernstein, Open Mind Adventures, will show us how to navigate both organizationally and individually through transitions. Navigating skillfully through these changes provide an opportunity to manifest more of your potential, to discover qualities and abilities within you, and to expand your capacity to lead and live more fully.



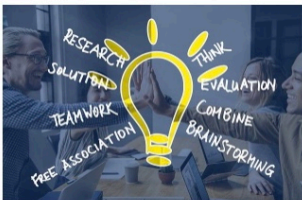
Aimee Bernstein

Her presentation will focus on:

- A transition map which includes the stages of transition.
- What to expect in each stage.
- Strategies and actions to move the organization forward within each stage
- Tips to help individuals move through transitions with skill and ease.

Register for Friday, January 8, 2021
Bimonthly

COMMUNITIES OF PRACTICE MEETINGS



"Communities of Practice are groups of members who share a concern or a passion for something they do and learn how to do it better as they interact regularly."

DECEMBER INTERNAL CONSULTING --

"Creating Healthy Boundaries During Covid-19; on Friday, **December 11, 2020**. 8:30 AM - 10:00 AM on Zoom. [REGISTER HERE](#)

DECEMBER BOOK CLUB -- a podcast discussion from Brene Brown's Unlocked Series: *Burnout and How to Complete the Stress Cycle*; Wednesday, **December 16, 2020** at 6:00 PM on Zoom. [REGISTER HERE](#)

JANUARY BOOK CLUB -- Wednesday, **January 20, 2021** at 6:00 PM on Zoom. [REGISTER HERE](#)

JANUARY PROJECT MANAGEMENT -- Thursday, **January 21, 2021** at 5:00 PM on Zoom. [REGISTER HERE](#)

Additional 2021 CoP Meetings will begin January as well once the meeting schedules are in place. These meetings will be posted on the [Events calendar page](#) once they are finalized. For more information, contact: specialprograms@goodnetwork.us.

2021 BI-MONTHLY MEETING SCHEDULE

Please SAVE THE DATE for the 2021 bi-monthly meetings. As it currently stands, we will conduct the first three meetings of 2021 virtually. Our hope is to begin meeting face to face starting with the our Annual Best Practices bi-monthly in July. This is subject to change based on recommendations from the CDC and State O Florida. We will keep you posted as we progress throughout the year. If you have any ideas for speakers for the upcoming year, please email [Anita Gabbard](#). We look forward to another great year of robust programs that GOOD has always provided. See you there!



2021 Bimonthly Meetings

Fridays 8:45 - Noon

- January 8
- March 12
- May 14
- July 9 (Best Practices)
- September 10
- November 12

Membership News



BE ON THE LOOKOUT: GOOD Member Survey Coming in December

The GOOD Board wants to hear your thoughts and ideas on how to continue offering the best developmental, networking, and other opportunities for our members.

The link to our annual survey will be sent out to all members in December. **Complete the survey for a chance to win a free ticket to the 2021 GOOD Conference!**

NEW AND RETURNING MEMBERS

Welcome to GOOD! To learn more about our great benefits, we invite new members and guests to join us on **January 19, 2021 at 6:30 PM** for a virtual orientation.

Reach out to membership@goodnetwork.us with any questions you have.

**Register for Tuesday, January 19, 2021
Member Orientation**



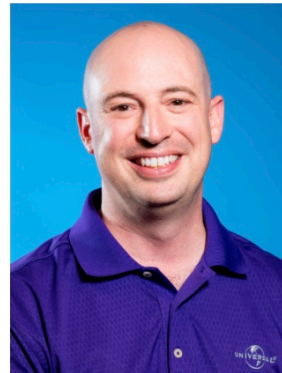
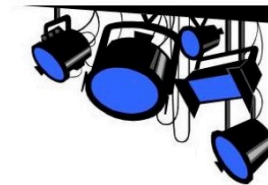
**Please welcome our
newest GOOD
Network members:**

- Melanie Brannigan
- Jana Breburdova
- Kirsten Cooper
- Ryan Fahey
- Joe Frame
- Jessica Geffert
- Dave Helsel
- Wendy Howard
- Leon Jablow
- Kris Petersen
- Paul Simkins
- Jennifer Sumner
- Justyce Watson

MEMBER SPOTLIGHT

In this issue, we would like to shine our spotlight on Jeremy Myerson. Learn more about Jeremy below and make sure to connect when you see him in a future meeting.

- **Expertise:** A classically trained stage actor and lifelong theme park fan, I've leveraged my presentation skills to enter the HR field. For the past 21 years, I've either worked in or served every functional team in the theme park business. Currently, I support the learning and OD needs of Universal Creative – the team of artists, engineers and architects who design, develop and deliver attractions around the world.
- **3 words to describe him:**
 - silly
 - passionate
 - service-oriented
- **What brought him to GOOD:** My organization supports the development of our Managers in Talent and OD with GOOD membership.



Jeremy Myerson

*Sr. Mgr, Talent
Development -
Universal Creative*

- **His favorite thing about GOOD:** I geek out talking about HR programs with other people who genuinely enjoy talking about HR programs.
- **A fun fact about Jeremy:** Although math and stats are not in my background, I LOVE a good data analysis!

Member since 2012

President's Message

Just like that, our year is ending! Usually, this time of year, we are all getting ready to spend quality time with our families for Thanksgiving and then start the holiday rush filled with gratefulness, hope, and most of all, family. However, this year it is a little different. We might not be able to have those large family gatherings. Some people are struggling due to being out of work or furloughed. Others are essential workers and concerned about the virus, or even just exhausted because longer and harder working hours. Some are worried about having a job, or even being the one must reduce jobs. These concerns do not bring up what this season usually brings to mind: love, gratefulness, and family. What comes to mind is anxiety and fear.

As a coach, I know fear is a widespread phenomenon. It is the core of what keeps people and organizations stuck. It is genuine and hard to get past. It is like an invisible wall that you do not even realize is there, sometimes acting like a friend, trying to keep you safe. However, as professionals, we know that the one constant in life is change, and fear makes that hard to do. So, this year because of all the added pressure, along with the shopping madness, I propose we try something different. We are the experts. We can set the examples for our communities, individuals, and even ourselves and help get through this season and make it a little more joyful and less fearful.

We cannot control everything, but we can control how we act and respond. Marshall Goldsmith has a straightforward practice he does every day. Every day he asks himself active questions and grades himself (0), no action, (1), action. The "active questions" can be anything you want. Start simple. Here are some simple suggestions to build gratitude and reduce fear.

Did I do my best today to:

- Be happy?
- Find meaning?
- Build positive relationships?
- Be engaged?
- Find something to be grateful for?

According to research, it is tough for your brain to engage this way and still be fearful. I do not know about you, but I think it worth a try. I have always had one straightforward goal for GOOD -- building connections and a community that cares about each. What is your goal? Would you like to join me in creating less fear? I would love to hear about the ways you reduce fear and build change. Feel free to

drop me a note at president@goodnetwork.us.

Lastly, we will be sending out our annual survey shortly. Please take the time to let us know what you think. We serve to make this an organization for each of you to learn, grow, and network. We would love to hear how to improve. You can also email me directly with any thoughts.

Thank you for being part of the GOOD NETWORK this year on behalf of the entire leadership team. We are all thankful for each and everyone of you and we wish you all a safe, and joyful holiday season. **Alone is Hard. Together is Better.**

Warmest Wishes,

Krystena

2021 Board

Executive Officers

President:
Krystena Sterling

VP Programs:
Anita Gabbard

VP Membership:
Renee DeRouin-Jessen

Secretary:
Vanessa Gomez

Treasurer:
Margo Hamel

Appointed Directors

Conference Director:
Donna Hogan

Community Programs/Events:
Karen Agrait and
Clayton Alves

Hospitality Director:
Stephanie Kresl

Advisory Board:
Kristin Chase
Jerry Salsburg

Members at Large:
Mark Griffiths
Sheryl Mays

Open Positions

Communications
Director

Newsletter Editor

Learning &
Development CoP
Lead

External Consulting
CoP Lead



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