

The GOOD News

February - March 2023

Welcome to the February-March issue of the GOOD News -- our newsletter for upcoming meetings, events and membership updates.

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BIMONTHLY MEETINGS

"Psychological Safety at Work" -- February 10, 2023

Ever had that gut feeling that something just didn't feel good - or safe - at work?

Our presenter/ facilitator will be Kristine Ryan who will help us learn more about "psychological safety" and what it looks like in the workplace. Learn to identify, cope with and prevent unsafe work environments.

Check the member spotlight in this issue to learn more about Kristine!

This will be our first hybrid meeting offering. You can register to attend in person OR via Zoom. Make your choice on the registration page!

[Learn more](#)

[Register for February Bimonthly](#)

Earn Professional Development Credits with SHRM

Many of our bimonthly programs offer SHRM Professional Development Credits through our partnership with UCF Continuing Education. **The February 10th bimonthly, "Psychological Safety at Work," will award 4.0 PDCs.** At the meeting, we will provide the Activity ID coupon for your PDCs. If you attend via Zoom, we will email the coupon after the meeting.

2023 Bimonthly Meeting Dates

Our 2023 Bimonthly meetings will be held on Friday mornings on: February 10, April 14, June 9, August 11, October 13, and December 8. Our in-person meeting location is Goodwill Industries of Central Florida at 7531 S Orange Blossom Trl, Orlando as well as the opportunity to attend virtually on Zoom.

COMMUNITIES OF PRACTICE



INTERNAL CONSULTING COP

The [Internal Consulting CoP](#) has set a quarterly meeting schedule for 2023.

Join the Internal Consultants for their first meeting on **Thursday, March 2, 2023** at 8:30 AM on Zoom.

[Learn more...](#)

[Register for Internal Consulting CoP](#)

COACHING COP

"Emotional Agility" facilitated by Janice Cruz and Mimi Layton. Join the [Coaching Community](#) on Friday, **March 17, 2023** at 11:30 AM on Zoom.

[Learn more..](#)

[Register for Coaching CoP](#)

Calling All Presenters

The [Coaching CoP](#) is looking for **presenters** for the following topics for future meetings on July 21, September 19, and November 17. The topics are:

- Understanding the intergenerational workforce today.
- Coach Focus - What are the differing coaching styles, techniques and mental models used with coachees.
- Navigating working from the office, home or hybrid for you and the company.

If you are interested in presenting to the Coaching CoP, [contact Don Knagge](#) to discuss further!

Coaching CoP Survey

Help the Coaching CoP plan for a Neurodiversity 2.0 program in May. Please complete a 3-question survey to help them tailor the program to YOUR needs!

Here's the direct link to the survey - <https://forms.office.com/r/vgF57vdcjd>

LEARNING/ LEADERSHIP DEVELOPMENT CoP

Our new "blended CoP" is being led by Kristine Ryan and had a kick-off meeting in January. More CoP meeting events will be posted soon on the website. [Reach out to Kristine with questions.](#)

GOOD NETWORK MENTORING NEWS

The current GOOD Network Mentoring participants came together for a check-in during January to share experiences and set intentions for next steps in their mentoring partnerships. We heard from mentors and mentees who reported that the design of the program provided a supportive framework to create meaningful interactions and strive toward goals. The mentors mentioned that they enjoyed sharing their experiences, increased their capacity to listen deeply and set rigorous goals with their mentees.

Mentees told us that they appreciated the resources and perspectives that their mentors offered, noticed growth in their career skills, and felt the commitment of their mentors to their partnerships. Everyone expressed enthusiasm and is looking forward to continuing with the program to achieve their aspirations.

We hope that more members will take advantage of this opportunity in the fall, when we launch our next mentoring cohort. Watch for more updates from GOOD Network Mentoring!

Learn more by reaching out to the [Mentoring Program Leaders!](#)



Did you know GOOD Network has its own LinkedIn group? It was established in 2008, and is very active with contributors from across the country! Check it out: <https://www.linkedin.com/groups/92063/>



2023 MEMBERSHIP DUES

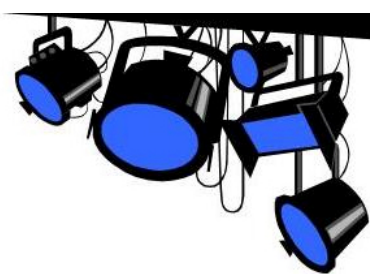
2023 is the 20th Anniversary of GOOD Network. Members can continue to renew through **TOMORROW, January 31st**, at the special 20th Anniversary dues rate of \$20.00. Take advantage of this renewal special before your membership lapses!

New Members can [join GOOD](#) during 2023 at the 20th Anniversary rate of \$35.00.

New Corporate Groups can also take advantage of the Anniversary special rates. Reach out to the treasurer@goodnetwork.us for help in setting up your Group!

WELCOME TO OUR NEWEST MEMBERS!

- Nicole Baker Rosa
- Kristin Beauchamp
- Amanda Berry
- Brit Brennan
- Bill Brom
- Yolanda Cabrera
- Cassandra Convery Backovsky
- Marissa Couch
- Janice Cruz
- Wendy Grauer
- Lia Hibbert
- Kristen Hoffman
- Taylor Lee
- Leslie Mizerak
- Mica Ogden
- Amani Rahman
- John Rouze-Luke
- Lisa Ruscigno
- Maggie Salazar
- Julie Shankle
- Angelique Simone
- Rebekah Sorenson
- Jennifer Tickle-DiMarzio
- Mark Tronrud
- Laura Westphal
- Stacie Woods
- Bernie Zanc



MEMBER SPOTLIGHT



The spotlight is on Kristine Ryan - a member since 2020

Kristine is originally from Chicago and has experience in counseling, coaching, instructional design, and leadership development. Most of her career has been in mental health and healthcare, and her passion is in *helping people who help people*. A GOOD member since 2020 (with a break during part of 2022), she loves how the members support each other and share their knowledge. She approaches learning, leadership, and what makes people tick with curiosity. She is influential, positive, and determined to understand people in order to drive increased emotional intelligence and application of learning.

Kristine supports her husband in his "Volkswagen habit," and they enjoy cruising around in their 1969 bus "Ethel." She is a self-proclaimed crazy animal lady, having been deeply involved in animal rescue, fostering, dog training/behavior, volunteering to assist with animal disaster response, and advocating for special needs animals (her dog Dillon is deaf!) She is an artist on the side and enjoys her little slice of paradise on a small lake in Apopka.

What brought you to GOOD?

"Karen Agrait! When I first started working with Karen in early 2020, she encouraged me to join."

3 words that best describe you...

"Creative, Fun, Smart"

What is your favorite thing about GOOD?

"The members!"

What is a fun fact about you that many people don't know?

"I studied German for 7 years!"

NOTE: Kristine is restarting two CoPs for us in 2023 and creating a blended Learning & Leadership Development group.

2022 MEMBER SURVEY RESULTS

Each member's experience and involvement with GOOD Network are vital to our success. We appreciate all who participated in the member survey and are very committed to listening to your voice to guide our path in 2023. We will also continue to seek your feedback and always welcome ideas to better serve you.

[RESULTS DOCUMENT LINK](#) (members will be prompted to login to view)

Congratulations to Irma Alvarez and Dan Vosgerichian who won free memberships for completing the 2022 Survey!

As we celebrate our 20-year anniversary, it is a celebration of each of you. Thank you for being the very best part of GOOD Network!

GOOD LEADERSHIP

WELCOME OUR NEWEST LEADERS TO JOIN THE LEADERSHIP TEAM

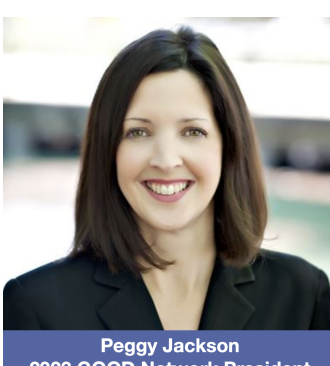
- **Kathryn Farynowski** - Director of Hospitality
- **Pamela Pierce** - Director of Community Programs & Events
- **Kristine Ryan** - CoP Leader for our Learning and Leadership Development CoP



VOLUNTEER IN 2023

You can still join the new Leadership Team! We have open Board Director positions, Community of Practice leaders and several committees that need your help!

If you are interested in an open position, please contact: [Margo Hamel, Nominating Committee Chair.](#)



Peggy Jackson
2023 GOOD Network President

PRESIDENT'S MESSAGE

Click here to see the January President's message which was emailed separately to members.