

# JUNE BLUE PRINT

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**BLUE  
COLLAR  
CONSULTING**



# Come and join us on July 26th for a 1-hour webinar titled, "The Art of Supervision: One-on-One 101"

Developing Relationship-Based and Productive Supervision Practices

[Registration Link](#)



**Time:**  
**3-4 pm Eastern**  
**2-3 pm Central**  
**12-2 pm Pacific**

This webinar will walk people leaders through the benefits of facilitating regular one-on-ones. Learn how to prepare for, facilitate, and follow-up from a one-on-one. Blue Collar Consulting is proud to introduce, Leah Klein, MSW, MAOL.

We can't wait!

*Register Now!*



Webinar presenter, Leah Klein, BSW, MAOL

Please welcome...

## Introducing Blue Collar's Newest Team Members!



**Roanne (Roh) Tadina**

**Executive Assistant & Operations**

Roanne Tadina, an experienced Executive Assistant at Blue Collar Consulting, brings skills in marketing, project management, research, event planning, and technology support. Roh says she's excited to collaborate with the executive team and contribute to the company's success. Confident in achieving success and making a positive impact on the company's growth. Roh is passionate about cooking and baking, she believes her attention to detail will benefit her in the role.



**Nikki Mears**

**Brand Ambassador & Sales**

Nikki Mears, is a Brand Ambassador in North Carolina and she's excited to help develop this critical role! Nikki is a social work graduate, and has 20 years of experience in Child and Adult Protective Services, focusing on workforce well-being for better outcomes. She also holds an NC Real Estate License, aiming to educate homeownership benefits and address affordable housing needs. Nikki resides in Tarboro, NC with her family and Golden Retriever, Gibson.



# Howl You Doing?

## In Loving Memory... **Henry**



Awww man...where to start... A bit of sad news to share since our last newsletter. Brooke's beloved Henry has crossed the rainbow bridge. Henry was the elder statesman of the Blue Collar dog family and one sweetest boys you could imagine. You may have seen him in some of our blogs, along with his favorite humans, Brooke and Brad, he was a fantastic model Brooke and Brad gave Henry a wonderful life and he returned that joy in abundance. Henry was Brooke's pride and joy and was always by her side and if you've ever experienced the loss of a dear pet, you know that the adjustment can take



some time. So for now we will all cherish and celebrate the time we had with Henry, and for Brooke that was 15+ years. Henry wasn't just a 'good boy', he was the 'best boy.' ~Chuck.



# Featured Article

## Rediscovering Your Passion: What Lights You Up?

by Chuck Price

We have the privilege of engaging in conversations and collaborations with remarkable leaders and organizations. When these folks approached us seeking support, we would ask them to tell us more. Our questions were simple. We asked leaders about their team members and asked about their own well-being. "No really, how are you doing?" The unanimous response was TIRED... a consistent sense of exhaustion. The beginning of a new year is often seen as a chance for a fresh start. So, what if we started actively seeking ways to bring joy and positivity into our work and our organizations?

In a world filled with exhaustion and burnout, it's crucial to bring joy and positivity back into our lives and organizations. As individuals, we often prioritize work and responsibilities, neglecting our own well-being. This approach not only leads to personal fatigue but affects the overall climate of our workplaces. It's time to change the tide and create a shift towards a more positive and energized environment.



The first step is to start asking ourselves and our colleagues, "What lights you up?" By understanding what truly brings us joy and fulfillment, we can begin to make intentional changes in our lives. Take a moment to reflect on this question. Are you passionate about helping others? Does being creative spark excitement within you? Or maybe it's the act of learning and growing that fills your bucket? Whatever it may be, discovering what lights you up is the key to infusing positivity into your work and life.

Now, it's time to bring these sparks of joy into our organizations. As leaders, it is our responsibility to create an environment where our staff can thrive.

By encouraging our employees to find what lights them up, we not only help them discover their passions but also establish a more joyful and energized workplace. Here are a few ideas on how to infuse positivity into your organization:

#### 1. Foster a culture of gratitude:

Encourage team members to express gratitude to one another for their contributions. Implement regular gratitude sharing sessions or create a gratitude wall (or box) where employees can leave notes of appreciation.

#### 2. Embrace flexibility and work-life balance:

Recognize that we are not machines and allow for flexibility in working hours and remote options whenever possible. Encourage employees to take breaks and prioritize self-care to avoid burnout.

#### 3. Incorporate joy into everyday activities:

Find ways to inject happiness and fun into daily tasks. This could be as simple as playing upbeat music during team meetings or organizing team-building activities that bring people together.

#### 4. Celebrate successes big and small:

Acknowledge and celebrate individual and collective achievements. Whether it's completing a challenging project or hitting a milestone, recognizing accomplishments fosters a sense of pride and motivation within the team.

#### 5. Encourage personal and professional development:

Offer opportunities for staff to pursue their interests and passions through training, workshops, or mentorship programs. Supporting their personal and professional growth not only improves their well-being but also enhances their skills and contribution to the organization.

Remember that infusing positivity and joy into your organization is an ongoing process. It requires continuous effort and commitment from leaders and team members alike. By prioritizing the well-being and happiness of your staff, you're not only creating a more fulfilling work environment but also nurturing a culture of resilience and success.