

DECEMBER 1ST, 2023



# NOARK News



## Newsletter Highlights

### 2024 NOARK Board Induction & Mixer



### November Membership Meeting Recap



### Holiday Wellness Tips



### Reflection, Joy & Renewal



### The secret to Gift Giving



## 2024 INDUCTION & MIXER

12 DECEMBER 2023  
6:00 PM - 8:00 PM

Mark your calendars for an exclusive event that's set to elevate connections and camaraderie! Join us on 12/12/23 at 6:00 PM for an exceptional evening at the NOARK Induction and Mixer.

This is your chance to immerse yourself in an atmosphere buzzing with professional connections while savoring delightful refreshments.

The event kicks off promptly at 6:00 PM with inductions beginning at 6:15. Following these formalities, dive into engaging networking opportunities from 7:00 to 8:00 PM.

No need for formalities—just come as you are and mingle with the exceptional Board for 2024. Your presence will amplify the energy of this gathering. We're excited to see you there!

**Grubs Bar & Grill**  
3001 S Market St.,  
Rogers, AR 72758

*Where?*



DECEMBER 1, 2023



In Photo: Tina Gilbert

The engaging discussions, shared insights, and collaborative spirit showcased the strength of our community. As we navigate the complexities of hiring, managing, and nurturing our teams, it's evident that together, we can achieve great things.

We extend our heartfelt gratitude to each one of you for contributing to the success of this event. Your presence made it an interactive and valuable experience for everyone involved.

Let's carry the momentum forward, applying the lessons learned to enhance our daily practices as supervisors. If you have any further thoughts or insights from the event, I encourage you to share them as we continue to foster a culture of open communication and growth.

Thank you once again for your active participation, and here's to continued success in our collective journey of building healthier, happier, and more engaged teams.



## NOVEMBER MEMBERSHIP MEETING

By Dustin Bro

We hope this message finds you well and energized after our recent event, "A Day in the Life of a Supervisor." It was truly an enriching experience to see so many dedicated individuals come together for a day of learning and professional growth.

Our busy lives as supervisors demand a unique set of skills, and your active participation in the event reflects your commitment to honing these abilities. We delved into crucial topics such as Workforce Planning, Interviewing & Selecting, Performance Management, Team Building, Employee Engagement & Experience, Workplace Belonging, Career Planning, and Self-Care – all integral aspects of our roles.



In Photo: Sheila Webb Burroughs



## Wellness Tips for the Holiday Season

**"Mindful Moments":** Take a few minutes each day for mindfulness. Whether it's a short meditation or just focused breathing, these moments can help alleviate holiday stress.

**"Balanced Bites":** Enjoy festive treats in moderation. Embrace a balanced approach to eating, savoring your favorite holiday dishes without overindulging.

**"Digital Detox":** Designate specific times to unplug from devices. Create boundaries for uninterrupted quality time with friends and family, fostering meaningful connections.

**"Stay Active, Stay Merry":** Incorporate physical activity into your holiday routine. Whether it's a brisk walk, dancing to holiday tunes, or a quick workout, staying active boosts both mood and energy.





## REFLECTION JOY & RENEWAL



By Dustin Bro

As we approach the end of the year, it's a wonderful time to reflect on the moments that brought us together, the challenges we overcame, and the successes we celebrated. The holiday season is not just a time to unwind and enjoy festivities but also an opportunity to create lasting memories with our loved ones.

In the spirit of the season, let's take a moment to appreciate the importance of family and the joy they bring to our lives. Whether it's sharing a festive meal, exchanging thoughtful gifts, or simply spending quality time together, these moments contribute to the fabric of our lives.

As we embrace the holiday cheer, let's also remember the value of rest and rejuvenation. Taking a break allows us to return with renewed energy, ready to tackle the opportunities and challenges that the new year will undoubtedly bring.

May this holiday season be filled with warmth, laughter, and the company of those who matter most. Here's to creating cherished memories that will carry us into the new year with a sense of purpose and determination.

Wishing you all a happy and safe holiday season!



## Important Dates!



December 25th:



## HIDDEN BRAIN

### The Secret to Gift Giving

"With the holidays upon us, many of us are hunting for that special something for the special someones in our lives. It's how we show we care about them. So why is it so hard to find the right gift?" Find out why the presents we give for holidays and birthdays often miss their mark, and how to become a better gift giver.



DECEMBER 1, 2023



# EXCITING UPDATES AND INFORMATION



Dear NOARK Members,

Greetings! I'm thrilled to share the anticipation for the exciting changes coming to our monthly newsletter. Our aim is to consistently offer valuable insights, resources, and information to assist you in fostering healthier, happier, and more engaged workplaces.

In our pursuit of making the newsletter even more impactful, we're currently implementing a series of updates to enhance your reading experience. These changes include the introduction of sponsors, additional resources, and even more insightful content. We firmly believe that these enhancements will empower you with the knowledge and tools to successfully navigate 2024 and beyond.

While progress is our goal, we also recognize the potential for minor hiccups. If there have been any unintentional omissions or inconveniences in recent editions, please accept our sincere apologies. Rest assured, we are actively addressing these issues and working diligently to ensure they do not recur in the future.

Our commitment to delivering the most relevant and up-to-date information remains steadfast. As we move forward, we encourage you to share your thoughts, ideas, and suggestions to make our newsletter even more beneficial to you and your organization.

We're genuinely excited about the journey ahead and look forward to advancing our mission of helping you create better long-term outcomes for your workforce. Thank you for your understanding and continued support.

Best regards,

Dustin Bro

NOARK Chapter Administrator



## NOARK BLOGS:

- **Emerging Professionals Blog**
- **Legislative Blog**
- **Diversity Blog**





2023

# NOARK WAGE & BENEFITS SURVEY

The NOARK Wage and Benefits Survey compiles valuable reward data from employers throughout Arkansas. The survey includes job descriptions, compensation ranges, health and welfare benefit plans, as well as other reward information.

**NOW  
AVAILABLE!**

**Purchase  
Here!**

## WHY PURCHASE??

- **Compliance**

- Ensure your organization meets legal and regulatory requirements.

- **Benchmarking**

- Compare your compensation packages with others in Arkansas.

- **Cost Control**

- Optimize compensation costs while maintaining competitiveness.

[www.noark.org/noark-wage-and-benefits-survey\\_id63](http://www.noark.org/noark-wage-and-benefits-survey_id63)

## 2023 Pricing

Member Participant	\$175
2022 ACA Participants	\$175
Member Non-Participant	\$325
Non-Member Participant	\$325
Non-Member Non-Participant	\$485

[www.noark.org](http://www.noark.org) | [noarkwageandbenefits@noark.org](mailto:noarkwageandbenefits@noark.org)

Sponsored By:

**QualChoice**<sup>®</sup>  
HEALTH INSURANCE