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August Happenings

Work Anniversaries

August:

- 8/2 - Megan's Work Anniversary
- 8/6 - CJ's Work Anniversary
- 8/12 - Ivan's Work Anniversary
- 8/14 - Bre's Work Anniversary
- 8/21 - Susan's Work Anniversary
- 8/22 - Paul's Work Anniversary

Announcements/ Upcoming Events

August:

- 8/27 - BisNow: Charlotte Construction + Development
 - 8/27 - BisNow: Triangle State of the Market
- #### September:
- 9/2 - Labor Day - UDP Closed
 - 9/10 - Virginia Tech Engineering Expo
 - 9/13 - UNCC Fall Career + Internship Fair
 - 9/17 - USC Career Fair
 - 9/19 - NCSU Engineering Fair

Ops Knockout Items

Am I living above or below the line today? That is a question that Hannah and Alex now ask themselves after learning about personal accountability and how our minds process threats in their July Vistage Emerging Leaders session. This video does a great job at summarizing what was discussed. Our brain is hardwired to perceive all stress as a deadly threat even though most of the time our stress is rooted in things much less deadly like a difficult meeting with a client, a looming deadline, or traffic.

This Emerging Leaders session focused on teaching ways to rewire our brains and live above the line more frequently. A couple of these tips were taking a breath and asking top of mind questions. Next time you get worked up over an angry email – Take a step away, breath, go for a walk, do whatever you need to pause and reflect. While taking a break and reflecting, ask yourself top of the mind questions to get to the root of the problem and help you find a solution. Here are some examples of these kinds of questions:

1. Was this thought, emotion, or action chosen on purpose?
2. How's it working for me?
3. Is this the way I want to be defined?
4. Would I teach or recommend this way of being to someone I love/lead?

If you want to learn more or have any questions, please let Hannah and Alex know. They would love to share more tidbits about what they've learned!



JULY URBY WINNERS



JULY URBY HONORABLE MENTIONS:

ALEXA RUSSELL
CJ BEAN
ETHAN GARNER
LIBBY GLOOR
ANNA FLOURNOY
TJ HOLLON
MEGAN HARDESTY

LONDON DEVAUL
NICK HARRISON
TANNER TAYLOR
LEXI HARRISON
BRE LUNDAHL
RACHEL SHEETS
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