

CONSULT | HR monthly update

partners

COMMUNITY | UPDATE

Women Who Choose to Lead

What can you do with a Western Governors University (WGU) Nevada degree? Let these outstanding WGU graduates, recently featured in the nationwide WGU and Lifetime™ [#SheDidThat campaign](#), offer inspiration!

These WGU grads are leaders, innovators, and game-changers making a difference in their professions and communities:

- **Laurie Charles** (M.S. Nursing–Leadership and Management), a forensic nurse consultant who specializes in child maltreatment and trains healthcare providers to recognize and care for victims of human trafficking.
- **Michelle Johnson** (M.Ed. Learning and Technology), an English teacher at an alternative high school for at-risk students, whose influence extends far beyond the classroom.
- **Krystal Covington** (MBA), a self-described introvert who makes a habit of doing the uncomfortable, founded one of the nation’s fastest-growing organizations for career women.
- **Sarah “Mic” Merritt** (M.S. Cybersecurity and Information Assurance), a U.S. Air Force Master Sergeant, a first-generation college grad, and one of the few female elite Air Force cyber operators.

To encourage more women to pursue leadership roles in their careers and communities, WGU Nevada offers this special scholarship opportunity:

Scholarship continued page 2

LEADERSHIP | UPDATE

Random Acts of Gratitude (and a Brief Neuroscience Lesson!)

By Randy Stollar



Rock stars, presidents, business leaders, scientists, assembly line workers, explorers, teachers, and kids—yes, even kids—have all received one. They’ve been around for a few years; they’re not new. But now more than ever it seems we need to be reminded of the importance of honest, heartfelt gratitude, the pay-it-forward nature of saying “thank you” and “you’ve made a difference.” And one of the easiest and most creative ways of offering your gratitude to others is by giving them a small blue marble with some simple words of gratitude. Why a blue marble?

Nearly 50 years ago a stunning image of earth was captured from a million miles away, and our planet looked like a little blue marble, fragile and unique. Ten years ago, marine biologist Dr. Wallace “J” Nichols launched the Blue Marbles Project with the goal of passing a blue marble through every person’s hand on earth. The slogan “You’ve Got the Whole World in Your Hands” is a reminder that everything we do on this planet matters, and the “rules” of sharing random acts of gratitude are pure and simple:

- Hold your marble high and imagine life on our little blue planet
- Decide who to share it with as a token of gratitude
- Hold the marble to your heart and imagine the gratitude felt when giving or getting it
- Present your marble and explain that this is what we look like from a million miles away
- Share recognition, gratitude, kindness, and love as you pass your marble along
- Give or get another blue marble and watch it travel around the world!

The Blue Marbles Project is neuroscience-based, which makes it all the more effective and meaningful. Neuroscience, or the study of the structure and function of the nervous system, is supplementing overall human healthcare through brain-focused science. In terms of medical research, breakthroughs, and understanding, neuroscience is poised to be the new cardio science: the brain will be to the 21st century what the heart was to the 20th.

Blue Marble continued on page 2

Scholarship continued from page 1

WOMEN IN LEADERSHIP SCHOLARSHIP

Valued at up to \$2,000

Application deadline June 30, 2019

200 scholarships available

This scholarship can be applied toward any [bachelor's or master's degree](#) program at WGU Nevada.

Whether you're a woman aspiring to leadership, or know a woman who is ready to lead, [spread the word about this scholarship!](#)

BUSINESS PARTNERSHIPS

Consult HR Partners (CHRP) is a proud partner of businesses of all sizes. Whether it's our team members, clients, or partners, CHRP truly values supporting their growth and success. Please refer to some of them we would like to highlight below:

- First, we'd like to recognize Las Vegas Radiology. Las Vegas Radiology is one of our local based clients who recently celebrated 10 years of business. Las Vegas Radiology offers a full array of diagnostic imaging services in a private setting plus personal attention to each patient. You can support their business growth by submitting qualified candidates for any of the following roles to talent@consulthrpartners.com. More information about each of the roles can be found on our website, linked at the bottom of this newsletter.
 - Front Desk Medical Assistant
 - In-House Medical CPC/Billing Specialist
 - Personal Injury/Lien Billing Specialist
 - CT Technician (Part Time/Per Diem)
- We'd also like to recognize one of our partners, Carvechi Technology. Carvechi Technology is a national managed services company focused on providing end-to-end back-office business solutions and services. [Visit their website](#) today to learn how they can provide insight and analytics surrounding your company's contingent workforce, among many other services offered.

For more information on how we can provide operational HR support or strategic outsourcing solutions to grow or sustain your business, please please call 702-358-3603, email: info@consulthrpartners.com, visit <https://consulthrpartners.com/>.

WELLNESS | UPDATE



Supplementing Five Vital Minerals

By Michelle D'Ambra Castiglia

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Due to the world's soil being depleted of minerals, processing and refining, stress and pollution, five essential minerals (calcium, magnesium, zinc, selenium, and iodine) are needed in supplement form.

During stress we deplete calcium, magnesium and zinc. A nutrient deficient person **can not** consume enough nutrition to replenish these minerals being lost. Most people also do not get enough iodine in their diet which is vital for thyroid health. Additionally, kelp and selenium are required for the thyroid to function properly. For further reading: <https://www.michelledambra.com/calcium-magnesium-zinc-selenium-and-iodine/>

Recommended supplements:

- **Paramin** – This is a great combined calcium and magnesium supplement. Up to three a day.
- **Zinc** – Up to three a day
- **Selenium** – Up to three a day
- **Kelp** (iodine) – Up to six a day



Click the names of the supplements above to visit my shop. All newsletter recipients can use the CODE: **Supplement15** to receive 15% off supplements.

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One fascinating thing that neuroscience has already proven is that giving and receiving spontaneous recognition makes us feel good because it increases the level of oxytocin in the brain, a neurotransmitter also associated with empathy, trust, and relationship-building. This is the same hormone that is produced during activities like hugging, social bonding, and even eating dark chocolate!

I received my first blue marble in December 2013 at a business leadership retreat, and before the multi-day session ended I had already given it to someone who had made the group laugh multiple times during some tense discussions. I'll never forget that first marble, or the ones I've received since, and I often wonder (with gratitude) where in the world those little blue glass tokens of recognition are now.

It's easy to join the Blue Marbles Project: all you have to do is buy some blue marbles (preferably glass) from a toy or department store, and you're in! You can also purchase them directly at [The Blue Marbles Project](#).

If you'd like some additional ideas or support regarding how to reward and recognize your employees—and at the same time keep those oxytocin levels high with you and your team—contact us at www.consulthrparkers.com.