



The OSUAP Connection

Issue #33

August 31, 2018

*Know an Admin
who is new to
The Ohio State University?
Please forward this
Newsletter to her or him!*

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OSUAP Goals

- ◆ Encourage professional development
- ◆ Develop leadership skills
- ◆ Network with peers

Special Notes:

- A huge Welcome to our New Executive Committee Starting September 1, 2018:
 - ◆ President —Quanetta “Q” Batts
 - ◆ Vice President—Gina Scarver
 - ◆ Secretary—Katrina “Trina” Matthews
 - ◆ Treasurer—Heidi Hamblin
 - ◆ Membership Chair—Roxann Damron
 - ◆ Member -at-Large—Will Bryan
 - ◆ Immediate Past President—Tricia Hohl

Passing the Torch *by Tricia Hohl*



It’s unbelievable that my tenure as OSUAP President has gone by in the blink of an eye. I have been so honored and proud to have been part of such an incredible organization of my peers -- and in my humble opinion -- one that has made such tremendous strides in the last eight years. As of August 22, we have 444 collaborative members who enhance our profession collectively and support one other individually. I think we have all enjoyed and benefited from OSUAP’s professional

development and networking opportunities with this year’s annual conference a hallmark of our offerings.

Our organization and reputation are recognized throughout the university and medical center communities and we will continue to work towards expanding our organization’s impact and elevating our profession in these communities and beyond.

I am excited to see the heights to which our new President, Quanetta “Q” Batts, will lead us in the next two years. She is a dynamic visionary who is deeply committed to the OSUAP mission. Q will be an amazing President and I firmly believe she will bring us to a new level of prominence. I am certainly looking forward to

our future and to my continued service as Immediate Past President and an active member of OSUAP.

I want to take a moment to thank the Executive Committee with whom I served. Without you and your support, it would simply not have been possible to accomplish all that we did. To the Chairs of our work groups – my heartfelt thanks and appreciation for all of your hard work. Last but not least, to each and every OSUAP member, with whom I have met, spoken with or communicated with electronically, thank you for making this position such a joy.

Kind Regards,

Tricia Hohl

Uplifting Positive Self-Talk *by Joan Burge*

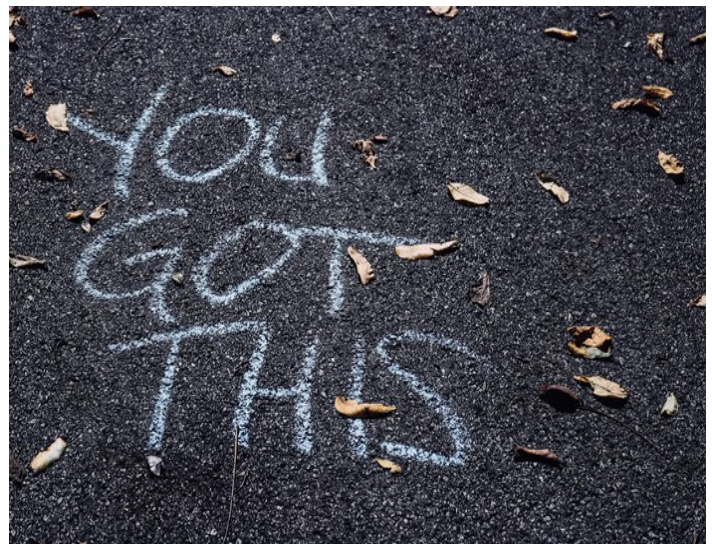
When you are feeling “less than best” (and we all do from time to time), it helps to rely upon a technique I call Uplifting Positive Self-Talk. This will increase your confidence and allow you to approach the day with a positive frame of mind.

It is fairly simple to do – which is why I’m amazed more people don’t use it!

Here’s how Positive Self-Talk works:

First, you make a conscious choice to cut off negative thinking when it strikes. Negative thoughts happen to all of us. But it’s how well we manage them that ultimately determines the degree to which we’ll succeed in life.

Next, you intentionally replace the negativity with a positive



thought – one you truly believe. This puts your mindset back on the right track so you remain even more productive, effective and satisfied in your job and personal life.

Related: Be even more successful by using these three little words.

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Effective Sept. 1, 2016



<https://yp4h.osu.edu/justbreathe>