

THE OFFICIAL NEWSLETTER OF MPI OHIO CHAPTER.

Define is the official publication of the Ohio Chapter of Meeting Professionals International. It is published quarterly as a benefit of membership and circulated free of charge to MPIOH members.

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OUR MISSION.

To enhance the overall quality and awareness of the meetings industry by ensuring the professional development and growth of its membership through targeted educational programs and networking opportunities.



WHAT'S INSIDE

- 02**
PRESIDENT'S LETTER
BY: JASON LINSOTT
- 03**
MPI OHIO CHAPTER DIRECTORY
BOARD OF DIRECTORS
- 04**
NEW MEMBERS
HIGHLIGHT
- 05**
OUR SPONSORS
HIGHLIGHT
- 06**
**UNDERSTANDING THE
WELLNESS WHEEL**
A TOOL FOR HOLISTIC WELL-BEING
- 08**
INSPIRING WELLNESS
BY: ALEXIS DICK
- 09**
WEC LOUISVILLE 2024
HIGHLIGHT
- 12**
THE HYATT WELLBEING COLLECTIVE
BY: JODI FERNANDEZ
- 15**
GROWN-UP RECESS IS MANDATORY
BY: DR. HEATHER DENNISTON
- 19**
**NURTURING INTELLECTUAL WELL-BEING
IN MARKETING AND HOSPITALITY**
BY: MARY DIMITRIJESKA
- 22**
MARK YOUR CALENDAR
UPCOMING EVENTS
- 23**
AT YOUR SERVICE
CONTACT INFORMATION

PRESIDENT'S LETTER



I hope everyone is enjoying their summer and taking some time away from work to spend time with family and friends. Summer seems less stressful than the Holidays, so I find it a better time to relax and recharge. Fittingly the theme of this issue is “Wellness”.

What does “wellness” mean to you? My first thought is always that it is physical. Or is it a mental state? As I thought about this I realized, what it meant to me five years ago, is not what it means today. Strange right? So, I had to look up a definition. There are plenty of them out there. This one from The Global Wellness Institute stood out.

“The active pursuit of activities, choices and lifestyles that lead to a state of holistic health”

They go on to say it is an individual pursuit. That, we have self-responsibility for our own choices, behaviors and lifestyles. But also, it is significantly influenced by the physical, social and cultural environments in which we live. Let that sink in.

As we go through the stages of our life, our perceptions and needs change. My base is eight hours of sleep, morning sunshine and daily walks. Other days I need extra caffeine and loud music to get my mind right. However, I feel best on a day when I close a big deal, get a new client or something great happens to one of my kids. It's different for everyone. Children, spouse, career, hobby, a fitness group, I could go on and on.

Something else that contributes to my wellness is my involvement in MPI. Being a volunteer brings that spirit of happiness and belonging a lot of us crave. I enjoy working with MPI and our volunteers. Without the people serving on this board, it would be something entirely different. I really want to take this opportunity to say Thank You to this current board, committee members and past board leaders who have stepped up in the last couple of years. With all the changes in who and what this and other industry organizations serve, it's been a difficult few years keeping our chapter thriving. Yes, it requires some commitment. It also creates industry wellness for those who volunteer to keep our industry moving forward. We welcome each and every one of you to join us. If you would like to create a little more personal, career and industry wellness, please reach out to myself or any board member with questions or to express interest in helping our chapter grow.

Cheers!

Jason

● 2023 - 2024
 ● MPI OHIO CHAPTER
 ● BOARD OF DIRECTORS.



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Understanding the Wellness Wheel

A Comprehensive Tool for Holistic Well-Being



The Wellness Wheel is an insightful tool designed to help individuals understand and enhance their overall mental health and well-being. This model identifies eight key areas of wellness, each contributing to a balanced and fulfilling life. Here's a closer look at each of these crucial dimensions:



1. Physical Wellness

This area focuses on maintaining a healthy body through regular exercise, proper nutrition, adequate sleep, and preventive healthcare. It emphasizes the importance of physical activity and a balanced diet in sustaining energy and preventing illness.

2. Social Wellness

Social connections and meaningful relationships are at the heart of social wellness. It involves building a supportive network, communicating effectively, and contributing to the community, fostering a sense of belonging and emotional security.



3. Intellectual Wellness

This dimension encourages lifelong learning and mental growth. Engaging in creative and stimulating activities, pursuing educational opportunities, and challenging oneself intellectually are key components of intellectual wellness.



4. Emotional Wellness

Emotional wellness involves understanding and managing one's emotions. It includes coping with stress, developing resilience, and maintaining a positive outlook on life, contributing to overall mental health.

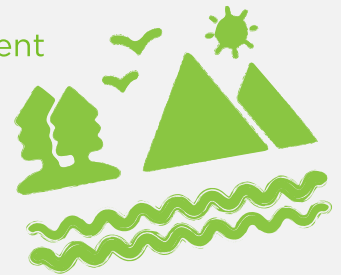


5. Occupational Wellness

Satisfaction and enrichment from one's work are essential for occupational wellness. It involves finding a career that aligns with personal values, offers personal growth, and provides a sense of purpose and accomplishment.

6. Environmental Wellness

This dimension is about living in harmony with the environment and taking steps to protect it. It includes creating a pleasant living space and fostering a connection with nature, contributing to one's overall well-being.



7. Financial Wellness

Managing finances effectively to reduce stress and achieve financial goals is key to financial wellness. It involves budgeting, saving, and making informed financial decisions to ensure long-term security and stability.

8. Spiritual Wellness

Spiritual wellness is about finding meaning and purpose in life. It involves exploring beliefs, values, and ethics, and fostering a connection to something greater than oneself, whether through religion, meditation, or personal reflection.



For meeting professionals, maintaining a balanced wellness wheel is crucial. The demanding nature of our jobs, as well as the rewarding benefits, impacts our overall well-being. By paying attention to these eight areas, meeting professionals can achieve a more balanced and fulfilling life, enhancing overall wellness and mental health. The Wellness Wheel serves as a guide to identify strengths and areas for improvement, promoting a holistic approach to well-being that is essential for thriving in this dynamic industry.



Inspiring WELLNESS



It's no surprise that working in events leads to long onsite days and intense prep weeks beforehand. To ensure you're not only the best for both yourself and your team, prioritizing your wellbeing is essential. Most of the time, this is easier said than done as many of us feed off the hustle and bustle of events. Below are some of my top tricks to ensure I stay refueled all year long and am sharing the best version of myself with my team and attendees.

Managing onsite teams, temp staff and attendees can quickly drain your social battery. To avoid becoming overwhelmed, I fill up my social cup before traveling. Depending on the event's size and duration, I evaluate what's more important to me: connecting with friends and family or having some "me time." Spending quality time with loved ones creates emotional support and reduces stress before event travel. Alternatively, recognizing the need for and honoring it is equally important to recharge before diving into the busy event management scene.

In addition to maintaining your social cup, you must prioritize your overall wellbeing. For me, this means taking care of myself before and after an event. Post-event, it's crucial to take a day or two off. I'm very fortunate to work for a company that incorporates these into our schedule without impacting my PTO. Before an event, I prioritize my workout schedule and maintain a sleep routine. Although my workdays get longer, I've found I'm more productive when I fit in a 30-minute morning workout and stick to a regular bedtime.

Your wellness journey for events may look different from mine. Wellness can encompass many forms – physical, social, intellectual, emotional, occupational, environment, financial and spiritual. It's important to figure out what makes you the best version of yourself before you embark on your next event.

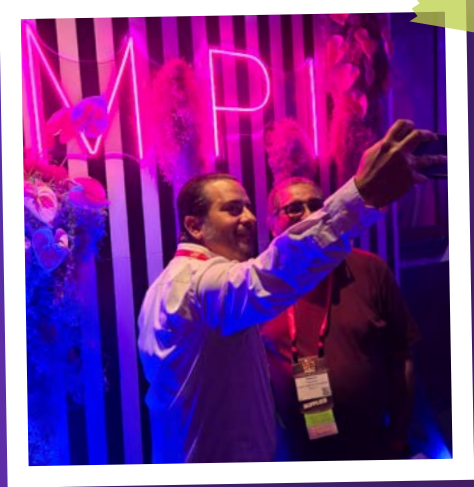
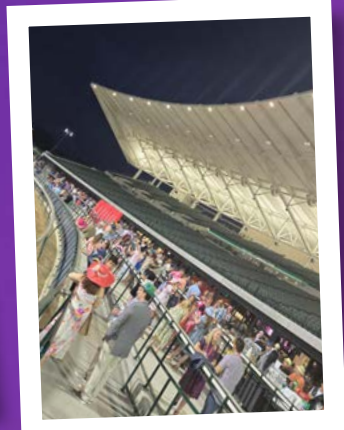
ALEXIS DICK

Event Planner at HARDI

As the Event Planner at Heating, Air-Conditioning, Refrigeration Distributors International (HARDI), Alexis coordinates large-scale meetings and events for up to 2,000 attendees nationwide. She manages venue selection, contracting, speaker engagements, content selection, registration and onsite logistics. Outside of work, Alexis is actively involved in the Central Ohio Chapter of the Cystic Fibrosis Foundation, dedicated to advancing efforts to find a cure for CF.

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THE HYATT WELLBEING COLLECTIVE

Hyatt is helping guests, customers, planners, and colleagues live healthy, happy, and fulfilled lives through The Hyatt Wellbeing Collective. The Hyatt Wellbeing Collective curates a global group of hotels that specialize in wellbeing through unique, distinctive experiences - whether that's voyaging in an outrigger canoe in Hawaii or learning to lasso in Texas.

According to Jodi Fernandez, Director of Sales for Global Wellbeing and Wellbeing Collective at Hyatt, the Collective's wellbeing offerings are diverse and rooted in C.A.R.E. - community & culture, arts, restoration, and exploration. This recently came to life at a Hyatt-hosted client event at Hyatt Centric Mag Mile in Chicago where attendees learned effective sleep tips from an industry expert and explored the connections between scent and memory with Scents of the Midwest Prairie, curated by perfumer Jess Mennella from Alila Napa Valley and Andaz Napa Valley.

Fernandez also emphasizes that meetings with intention don't necessarily need to be more expensive or extravagant; they just need time and space built into the agenda for creativity and acceptance where attendees can engage, learn, and connect.

Hyatt is continuously aspiring to make wellbeing at meetings & events more meaningful and holistic. Join us by connecting with Hyatt for all of your wellbeing needs and live out your own wellbeing routine while traveling - or try something new altogether!

*Written by:
Jodi Fernandez*





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Grown-Up Recess is Mandatory!



BY: DR. HEATHER DENNISTON

What if a bell rang at ten every day, and you and your colleague dropped what you were doing, ran outside screaming like a maniac, and chased a soccer ball around the parking lot?

What if adult recess was mandatory?

As busy meeting and event planners, the benefits of a consistent, well-timed active break in your day are limitless – cognitive function, mental health, digestion, fitness, focus, and productivity are just a few. A short and active shift from the executive function part of our brain also makes us kinder and calmer humans. We all need a little of that.

But all recesses have parameters. No pushing, no shoving, play nice.

THE FIVE RULES FOR GROWN-UP RECESS

01

Movement

Swing your arms, jiggle around, do jumping jacks, squats, or dance. Move your joints through the ranges of motion they typically don't receive in your daily routine. Movement is kale for your brain by creating a happy hormone cascade, stimulating positive mood shifts and focus.

02

Tech-Free

Leave your phone behind. Checking your phone heightens the "task mode" of brain function, and "like," "comment," and "swipe" taxes the decision-making section of your brain, causing further fatigue.

03

Outside

Your brain feasts on the combination of fresh air, a change of scenery, and nature. Focusing on nature is a form of meditation, and we know from the Japanese concept of "Forest Bathing" the powerful impact nature has on our overall well-being.

04

Ground
Yourself

Connecting with the earth by walking barefoot in the grass or dirt is a fantastic source of negatively charged energy on which our body's well-being depends.

05

Breathe

Breathing is one of the fastest bridges between the sympathetic and parasympathetic portions of our brain. A simple box breath of inhaling for a count of four, hold for four, exhale for four, and hold for four is a fantastic place to start.

So, grab your soccer ball, walking shoes, or jump rope today and head outside for a bit of fun. Recess is good, not just for little humans but for us big kids too.



Dr. Heather Denniston bridges the connection between personal well-being and professional success for elite leaders and their teams. She delivers custom solutions for burnout and stress and provides cohesive habit-training strategies that maximize vitality, productivity, and resilience. Her Wellness Amplifier Performance Program is sourced from 25 years of private practice and working with companies from small start-ups to global giants like Microsoft.

As a keynote speaker and coach, she motivates audiences covering topics from health and wellness to stress and resilience. She is the author of *Three Day Reset* and a regular contributor to several online wellness publications such as *Thrive Global* and *Medium*.

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Nurturing Intellectual Well-Being in Marketing and Hospitality

By: Mary Dimitrijeska

Intellectual well-being is the continuous pursuit of mental stimulation and growth through learning, critical thinking, and creative engagement. In the dynamic field of marketing and hospitality, maintaining intellectual well-being is crucial for staying ahead, innovating, and delivering exceptional service, and meeting revenue goals. For me, this means engaging in activities that stimulate my mind, like continuous learning, exploring new tools and getting out of the office to meet people.

In my journey of continuous learning, integrating AI into our marketing strategies has been transformative to my intellectual wellbeing. AI helps with automating repetitive tasks which free up time for more creative and strategic thinking, allowing me to focus on what truly matters: delivering exceptional guest experiences.

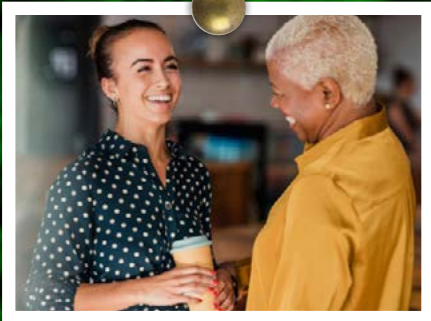
I also stay intellectually stimulated by joining professional groups like MPI Ohio. They offer gatherings, which are opportunities to learn about new topics, exchange ideas, and connect with other professionals. Additionally, I subscribe to weekly digital marketing newsletters and

take classes to stay informed about the latest trends and best practices. I set up time on my calendar every week to focus on research and learning because it is as essential to me as our weekly revenue call.

Engaging in activities outside of work keeps my mind sharp. Reading, visiting museums to explore new subjects, and traveling are intellectually rewarding, personally and professionally.

I'm fortunate to work for a hotel and event center dedicated to intellectual well-being of its team; allowing us to innovate continuously and create memorable guest experiences. This ensures that every guest visit is inspiring and memorable as well as meeting our revenue goals, while having fun along the way.

For professionals in the hotel and event planning industry, finding ways to stay mentally stimulated is crucial for driving the industry forward. A well-nurtured mind is essential for intellectual wellness and will translate into greater success for your business or work.



Here are 5 ways for professionals in the meeting industry to enhance their intellectual well being:

Schedule time each week for research; I reserve time on Mondays to learn new concepts and practice them throughout the week.

Take advantage of reciprocal programs at local museums, where one membership can provide access to many institutions. Learn more at NARM Association.

Stay informed about the latest trends by subscribing to industry newsletters. Some of my favorites include The Marketing Millennials, Mint Pillow, and Marketing Pro Plus.

When attending networking events, focus on building relationships rather than selling. Networking to make genuine connections is more intellectually rewarding, and leads will follow naturally, so avoid the pressure to collect numerous business cards.

Engage with colleagues from different departments to inspire new ideas and gain diverse perspectives.

MARY DIMITRIJESKA

Mary Dimitrijeska is the Marketing Director at Cherry Valley & Ohio Event Center, where she oversees marketing campaigns, promotions, and guest engagement strategies. In her personal time, Mary enjoys reading, traveling with her daughter Sylvia, and attending events.

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8

DAY

08

MONTH

24

YEAR



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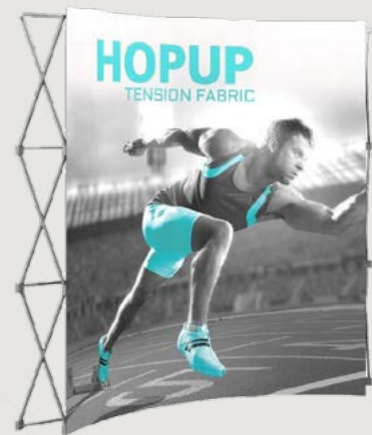
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Call or email Jane Lee, Director of Strategic Partnerships, to secure your date at education@mpioh.org

*ALL DATES & LOCATIONS ARE SUBJECT TO CHANGE

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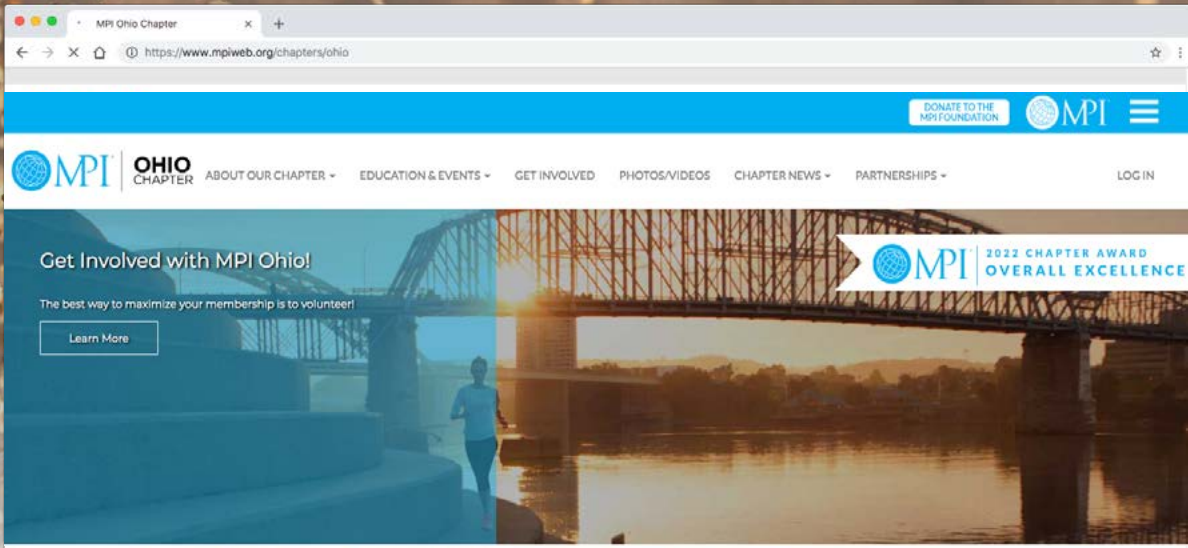
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About Our Chapter

Founded in 1977, MPI Ohio has nearly 300 members. We are dedicated to the advancement of the meeting profession by providing excellent educational opportunities, networking and as a resource for professionals such as our annual MPI Ohio for Professionals Conference in conjunction with

Connect with Us



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www.mpioh.org



Join our Group Forums at <http://u.MPI.org> where MPI members can engage in conversations, ask questions, share best practices, and network with the world's most vibrant online community.



They say learn something new everyday. There is no easier way than participating in our LinkedIn group at “**MPI Ohio Chapter.**”

You may even teach your peers a thing or two!



To stay in the loop, be sure to follow us at “**MPI Ohio Chapter**”



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