



**Project
Management
Institute.**
Southern Caribbean

OFFICIAL NEWSLETTER

April 2025

IN THIS ISSUE

The Wellness Hub



Soft Skills: Human Touch in a Digital Era



Authorized Training Partners



Project Management: Emerging Trends



Branching Out



Membership Orientation



KEY EVENTS

September
Annual Conference

THE WELLNESS HUB

WHERE IS YOUR OXYGEN MASK?

Welcome back everyone! It's been a long time since we journeyed together on the Wellness Hub. In the last issue I reviewed work related stress. Preventing or minimizing the ill health of employees due to work-related stress is part of creating a good working environment. Even while organizations may be in the process of embarking on well-being initiatives, the employee should also take responsibility for his or her wellbeing by engaging in holistic self-care. This begins with individuals indulging in self-awareness activities regarding their well-being.

April has been designated National Stress Awareness Month, with that in mind I ask the question, "Are you wearing your oxygen mask?" The oxygen mask rule is simple. On the airplane, if the cabin loses pressure, the oxygen mask automatically is released from it's compartment. Passengers are to put on their mask before attempting to help others. The instinct to help others before ourselves reflects a common occurrence in our daily lives. We are not always mindful, that we can't help others for very long, if we don't care for ourselves. Therefore, we may find ourselves operating from a place of deficit.

Our lives seem to be busier than before and so, your mask may not be near to you, or worst-case scenario, you are unable to find it.

THE WELLNESS HUB

WHERE IS YOUR OXYGEN MASK?

If this is the case, chances are that you are minimizing your “time of useful consciousness” in other words you are slowly killing yourself. Prioritizing your self-care, is actually, you being selfish, in order to prepare for being selfless. In this and upcoming issues, I will be sharing activities that are essential for you to consider as I assist you in your holistic self-care journey. Our self-awareness activity for today will be gratitude.

Being grateful is a good place to start: gratitude is more than simply saying thank you. It is intentionally recognising and appreciating the positive aspects of life. It is a powerful practice that can enhance overall well-being. You can cultivate a habit of gratitude by integrating gratitude exercises into your schedule, leading to lasting emotional and psychological benefits.



Written By:
June James
Social Worker

Start your self-care journey today email wellbeingsolutions@tafftt.org for a free gratitude journal and instructions.

Remember that
‘every day above ground is a good day’ until next time, take care.

Soft Skills: The Essential Human Touch in a Digital Era



BOOSTING TECHNICAL SKILLS

Digital transformation demands ongoing learning and adaptability. Professionals with strong critical thinking, creativity, and soft skills—like leadership and conflict resolution—are better equipped to integrate new technologies. For project managers using tools like Miro, combining technical proficiency with these soft skills enhances team alignment and outcomes.

VIRTUAL WORK

The shift to remote and hybrid work has led to digital-first workplaces where professionals depend on video conferencing and collaboration tools. Successful collaboration relies on soft skills like clear communication, empathy, and active listening since non-verbal cues may be diminished in virtual settings. Effective communicators foster stronger relationships, boost productivity, and enhance team satisfaction.

TECH & EMOTIONAL INTELLIGENCE

Emotional Intelligence (EQ) is crucial for effective digital leadership, as it involves understanding and managing emotions, empathizing with others, and responding appropriately in primarily virtual interactions. Leaders with high EQ can offer strong support, motivation, and feedback, fostering engaged and resilient remote teams. Conversely, low EQ can lead to increased misunderstandings, mistrust, and higher turnover in digital environments.

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Page 5

PMISCC's Authorized Training Partners (ATPs): Expanding Access to Project Management Education

As part of our ongoing mission to empower project professionals across our region, PMISCC is proud to collaborate with industry-leading education providers to offer a wide range of project management-related courses. Our Authorized Training Partners (ATPs) include:

1. International Institute for Learning (IIL)
2. Project Management Global Institute
3. Peak Business Management
4. Platinum Edge

These partnerships offer valuable learning opportunities in areas ranging from traditional Project Management to Agile, Scrum, Leadership, and Business Analysis.

To maximize the impact of these offerings, PMISCC is actively developing a comprehensive strategy that focuses on:

Targeted Communications: Leveraging segmented email campaigns, social media, and our chapter website to highlight relevant courses to our diverse membership base.

Curated Course Spotlights: Each quarter, we'll feature hand-picked courses aligned with member interests and industry trends—agile, AI in PM, risk management, and more.

Exclusive Discounts: We're working with partners to provide special offers and codes to PMISCC members and volunteers—making upskilling more accessible than ever.

PMISCC's Authorized Training Partners (ATPs): Expanding Access to Project Management Education

Certification Pathways: We aim to assist members in planning their professional development journeys by mapping out clear learning pathways. As such, it will be easy to identify relevant PM courses that align with your certification or professional goals.

What's Next?

In upcoming newsletters and webinars, we'll provide detailed overviews of selected partner courses, including testimonials from members who have taken them. Stay tuned for our first feature in our next edition!

Let's continue building a
community that learns and
grows together.

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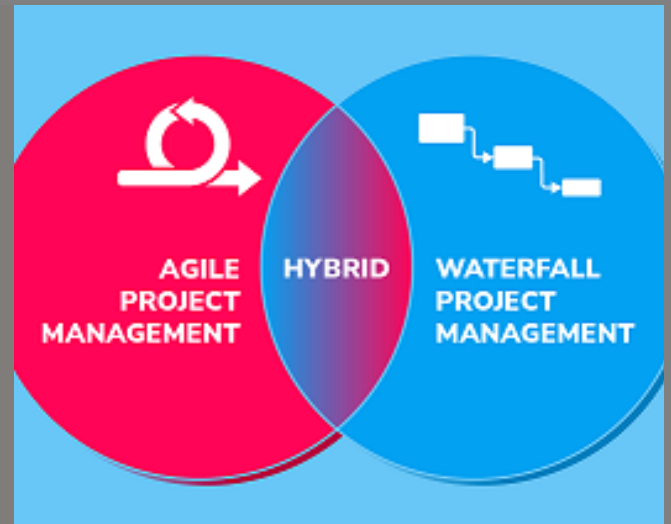
Judith Miller-Cruickshank
VP Education & Certification



Project Management: Emerging Trends

HYBRID APPROACH

Hybrid project management methodologies, which combine elements of traditional and agile approaches, are becoming more popular. Hybrid approaches let project managers adjust based on what's happening in real-time.

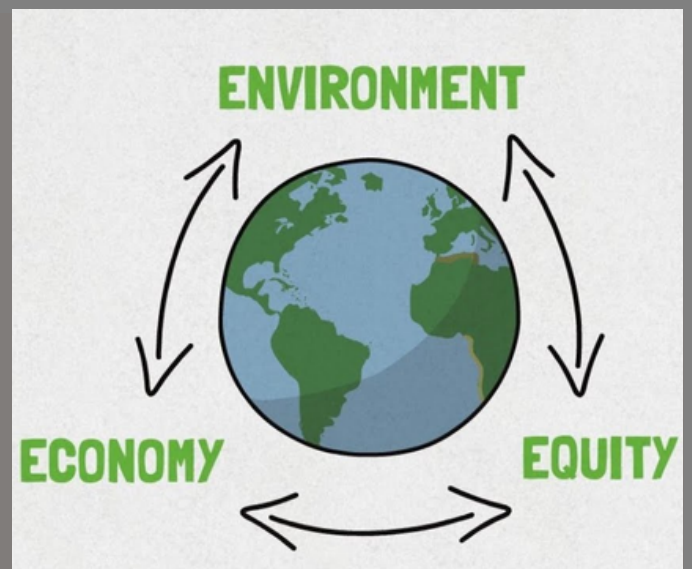


AI-DRIVEN PROJECT MANAGEMENT

Artificial intelligence (AI) and automation are redefining how projects are managed. AI-powered tools can help with project planning, risk management, and resource allocation, making processes more efficient and accurate.

SUSTAINABILITY

Sustainability is a growing concern, and project managers are incorporating green practices into their projects. Whether it's reducing waste, improving energy efficiency, or using eco-friendly materials, sustainability is shaping how projects are planned and executed.





Warren S. Anderson
VP Strategic Alliances

— BRANCHING OUT —

We've gone international! This month the Strategic Alliances office of the PMISCC welcomed Nana from Ghana and Ahmed from Egypt joining our team to support administrative duties. With this, we're reminded that project management knows no borders, and neither should we.

After 25 years, PMISCC stands at the edge of something bigger. You see, I think of us as the CARICOM of Project Management—a network where professionals from across the Caribbean exchange ideas, strengthen our practice, and lead meaningful change.

In hindsight, the first 25 years was like a big pilot project where our activities were centered mainly in Trinidad and Tobago. We did incredible work here. But now? The next phase is calling. Imagine us taking our conferences and volunteer projects to Aruba, St. Vincent, and Grenada, powered by members from Turks and Caicos, Guyana, and Dominica, with expert panels filled by you! Imagine our board with directors from BVI, Anguilla, St. Lucia, Antigua and Barbuda, and Suriname.

That's why we are launching our regional meet and greets soon, beginning our journey towards regional partnerships across the public sector, corporate, NGO, and academic spaces, just like we've done at our head office territory. Picture our business meetings and events infused with true diverse Caribbean energy—the kind that radiates from our sand, sea, and sun. That's us. That's PMISCC.



Warren S. Anderson
VP Strategic Alliances

— BRANCHING OUT —

Here's where you come in. Whether you're in Antigua and Barbuda, Aruba, BVI, Dominica, Grenada, Guyana, Saint Lucia, St. Vincent, Suriname, Anguilla, or Turks and Caicos, we see you. We need your insight, your energy, and your leadership.

Am I dreaming? Or is this something we can pull off together?

If you're in any of these member countries and want to help us become the true regional institution we're meant to be, email me at **strategicallyalliances@pmiscc.org**.

Let's branch out—for real this time.





Your PMI membership simplified

With the new PMI® Membership model, your chapter and global memberships are now one combined offering.



One renewal

No more juggling separate memberships—PMI and chapter renewals are now combined, giving you a more efficient experience.

ATTENTION!

Orientation Sessions Launching Soon at PMI Southern Caribbean Chapter!

The PMI Southern Caribbean Chapter is excited to announce that we will soon be launching our Orientation sessions — your gateway to discovering the true value of chapter membership.

Whether you're a new member, long-standing one, or curious to get onboard, this is your chance to:

- ✦ Meet and connect with Chapter leaders
- ✦ Learn how our Chapter supports your project management journey
- ✦ Explore upcoming events, programs, and opportunities
- ✦ Navigate the tools and resources available to you
- ✦ Discover how you can get involved and grow in 2025

Expect a welcoming space where you can ask questions, share ideas, and connect with fellow professionals who are just as passionate about project management as you are.

 The launch is approaching — stay tuned for date and registration details!

We're looking forward to helping you unlock all the value your PMI membership has to offer.



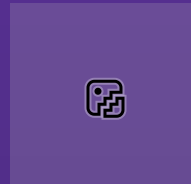
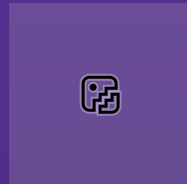
Let's explore. Let's connect. Let's grow — together.

*PMI Southern Caribbean Chapter
Empowering Members, Elevating Projects*



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STAY CONNECTED WITH US



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