



# OFFICIAL NEWSLETTER

April 2026

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## KEY DATES

- May & June  
Volunteer Networking Session
- June  
PMI Chapter Connect
- July  
Annual General Meeting
- September  
Virtual Conference



*Celebrating*  
*1000+*  
*Members*





## MEMBER SPOTLIGHT

*Cynthia James-Cramer*

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While scanning email on my phone **“Congratulations on achieving your PMISCC 20 Years Member Milestone!”** popped up in fanfare style, on my display screen! I quickly scrolled past the fanfare and saw my name! ‘Wow’, I thought, I really was not counting, but there it was, I had attained 20 memorable years of PMISCC membership! Ironically, it was only after this initial surprise that I checked to see who the sender was. No doubt a level of appreciation and pride overwhelmed me when I discovered it came from the VP Membership, of our Local Chapter, PMISCC!

This was a testimony, to me, of the astronomical growth of the Chapter in deepening the service to its membership, since I joined in 2006. I reminisced on how I first heard about PMISCC. I could not recall specifics other than at that time I was heavily involved in managing projects on my job but not yet formally exposed to the discipline in terms of a methodology. My knowledge was based on pure academics and experience. One day I came across an invitation to a Project Management event in the Daily News and registered for it. At the time I did not know of anyone affiliated to the Group.

It was on a workday, so I arranged the time off to attend. What I remember vividly, was that this was my first attendance to a PMISCC event. It was on September 11, 2001\* – better remembered as 9/11.

The event was being held at the Trinidad Hilton (so named at that time). We were on the mid-morning break. There was a television in that area, and someone called our attention to a news flash of a plane crashing into a building. Understandably, there was speculation that this may be some movie making gimmick, only to realise after listening closely, that it was not. The building was the Twin Towers of the World Trade Center in the state of New York, USA. The rest is history. Like true Project Management professionals, even though the break was extended a bit, the proceedings were reconvened to the order of the Day.

The experience was enlightening. While there, I recognised some persons who I may have met in my sphere of work. I began attending chapter meetings as I was told you did not have to be a member to do so. Somewhere along the way, I responded to a call for volunteers to assist in the planning of an upcoming Conference event. The conference planning meeting was my first time up close with the members of the PMISCC Board. I was impressed with the level of professionalism at the meeting and thoroughly enjoyed the experience. I worked closely with the VP Education and Certification in handling the call for conference speakers, both local and foreign. My role was to manage the process i.e. liaising with persons who responded to the Call, based on guidelines set by the Board.

Subsequently, I became a member of the Chapter in 2006 and was PMP certified a year later. Around that time, the incumbent VP Special Events was seeking to leave the Board, and I was asked if I would like to step into the role.

My recruiter was sure good at convincing me. I was appointed to perform the role for the next two years until the election for that position came around. The journey was enjoyable, engaging and propelled me to becoming an elected Board Member, serving as VP Education and Certification for a period of 4 years. This followed the two years as VP of Special Events. The knowledge gained was invaluable and career enhancing.

There were opportunities and learning outcomes in the volunteer role that were not forthcoming in my career job at the time. Commendations are in order to all the Presidents and Board Members, past and present, and by extension, the PMISCC membership, for sustaining the professionalism of the Chapter, bringing it to world class maturity over these 2 decades of my affiliation. I want to also recognise the parent body PMI, for working with the Chapter throughout the years and most recently deepening their involvement to improve the quality of service to the membership.

Regards,

Cynthia James-Cramer, MCPM, EMBA, PMP

# Not every AI project is the same.

Learn the 7 patterns  
that define them.

Start the course



AI projects follow patterns. Knowing the patterns changes how you lead.

PMI® Essentials: Seven AI Project Patterns gives you the framework.

Develop the judgment to evaluate AI initiatives and lead them with confidence: <https://bit.ly/4bMUBpN>

# CertCoach

## Mentorship for Exam Success

On behalf of PMI Southern Caribbean Chapter (PMISCC), I would like to extend heartfelt congratulations to both **Mindy Mason and Shaleeza Ali** on the successful completion of the PMISCC CertCoach Pilot Exercise.

**Special congratulations to Mindy on achieving PMP® certification** on Tuesday, 10 February 2026. This is a significant professional milestone and a testament to your dedication, discipline, and commitment to excellence. We are equally proud of Shaleeza for her mentorship, guidance, and support, which played an instrumental role in the success of this pilot initiative.

Your participation has contributed meaningfully to the development and validation of the PMISCC's CertCoach: Mentorship for Exam Success programme, and we truly appreciate your willingness to be pioneers in this effort.

Once again, I must thank them both for their commitment, collaboration, and contribution to advancing professional certification success within our chapter. We look forward to celebrating and sharing your achievements with the wider PMISCC community.

Regards,

Judith Miller-Cruickshank

**Vice President, Professional Development**

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# BALANCING THE PRESSURE: WHY PROJECT MANAGEMENT AND MENTAL HEALTH MUST GO HAND-IN-HAND

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Project Managers are no strangers to pressure. Yet, in the midst of Gantt charts and stakeholder meetings, one crucial element often gets neglected: Our mental health.

## **The Hidden Weight of Project Management**

While project management is often seen as highly structured and “under control,” the human cost can sometimes be invisible: *Chronic Stress, Decision Fatigue, Emotional Labour, Responsibility Load.* Unchecked, these pressures can lead to: *Anxiety, Burnout, Sleep Disturbances, Decreased Productivity.*

## **Why Mental Health is a Project Management Skill**

Strong mental wellness impacts: Decision-making clarity, Leadership presence, Team morale, Problem-solving creativity, Client and stakeholder trust.

When you protect your own mental health, you lead projects and people more powerfully.

[Click here to read the full article.](#)

## Project Manager Self-Care Toolkit

Here are a few habits to protect your wellness while excelling in your role:

1. Morning mental reset.
2. Block focus time to avoid constant context switching.
3. Take 10-minute movement breaks.
4. Plan one joy moment daily to reconnect you with purpose and gratitude.
5. Reflect weekly. Not just on the project, but how you are doing.

# MANIFESTO FOR ENTERPRISE AGILITY

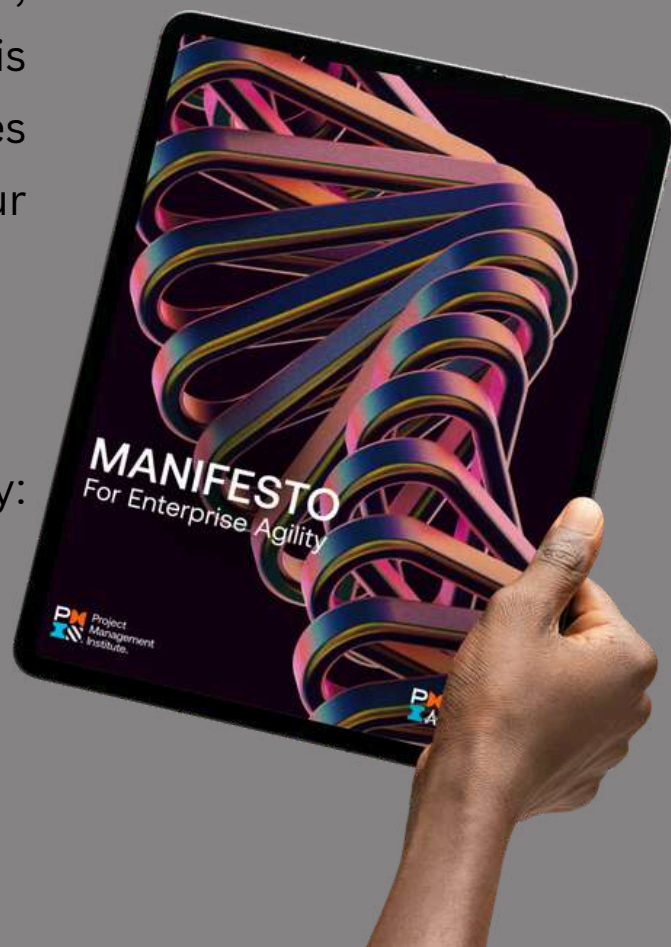
25 years ago, four values and 12 principles rewired how software teams work.

The question now: what does that look like at the CEO level?

PMI's new Manifesto for Enterprise Agility makes the case that agility can't live at the team level alone. It has to reach funding, governance, risk, and decision-making – especially when 93% of CEOs are reinventing their business models every five years and AI is compressing every timeline.

If you work in project management, portfolio leadership, or agile practice, this is the operating language your executives need. And it's the context that makes your work matter more.

Read the Manifesto for Enterprise Agility:  
<https://bit.ly/4b3OrRS>



# PREPARING FOR THE BRAIN ECONOMY

Welcome back to The Wellness Hub. It's great to be able to share again. This column advocates for holistic self-care and readers are always encouraged to invest in holistic self-care. In the December issue I urged readers to give themselves a Christmas gift of holistic self-care for the year 2026. There is no health without brain health, brain health through holistic self-care is foundational for overall health, because today's mental wellbeing, shapes tomorrow's future. In the coming months brain health and wellbeing will continue to be a



**June James**  
*BSc.SW, MEd, PG Cert.*  
*Mental Health in Education;*  
*Brain Health Coach*

critical factor as organizations revisit policies and strive to incorporate an awareness and practice of brain health and wellbeing. This restructuring is necessary since there is an emerging economic paradigm shift quietly taking place. This paradigm shift is referred to as the brain economy. The emphasis of the brain economy is to invest in brain capital which includes brain health and brain skills. Brain capital is viewed as critical

assets for sustainable growth, societal wellbeing and the harnessing and development of human potential.

The promotion of healthy brain development, would not just be prioritized by employers, but employees and potential employees would also have to consider their part in being responsible for their mental health and wellbeing. This is where holistic self-care will become a priority, as individuals seek to be self-aware, through education and participating in programs that promote

# PREPARING FOR THE BRAIN ECONOMY

development across the lifespan. This would involve extremely integrated, systems approach strategies. According to [globalhealth.org](http://globalhealth.org), in the 21st century, the most valuable assets of any nation is the cognitive, emotional and social skills of it's people. These valuable assets can only be maintained on a personal level through holistic self-care. It is estimated that between 2010 – 2030 the annual cost for treating mental health issues, substance abuse and other neurological issues could reach a tidy sum of \$16 Trillion, nations could ill afford this burden.

Through holistic self-care the prioritizing of prevention could stop some brain disorders before they take root. So, the concept of brain economy is to prevent poor brain health, develop the cognitive capacity of individuals and drive economic gains through improved brain health and cognitive skills. In the next issue I will continue this discourse. Until then, self-care!





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## STAY CONNECTED WITH US



**Contact:** +1(868) 717-3835

**Website:** [www.pmiscc.org](http://www.pmiscc.org)

**Email:** [secretariat@pmiscc.org](mailto:secretariat@pmiscc.org)

Project Management Institute

Southern Caribbean Chapter (PMISCC)

P.O. Box 3065

#97 Tragarete Road,

Woodbrook, Port of Spain

Trinidad and Tobago