

# OFFICIAL NEWSLETTER

August 2024

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## KEY DATES

- September 4th, 2024  
PMI SCC Conference
- November 29th, 2024  
End of Year Celebration

# Meet Our Speakers



## ONLINE CONFERENCE

## PROJECT MANAGERS AS: STRATEGIC LEADERS



Lee Lambert, Founder of PMP  
**Keynote Speaker**



Allison James  
KPMG - Jamaica



Dr. Noveck Gowandan  
ICT Expert



George Bridges  
PMP, PMI-PBA, CBDA



Kenneth Compres  
Founder - AccelOP



Ricardo Allen  
CEO - One on One  
Educational Services LTD

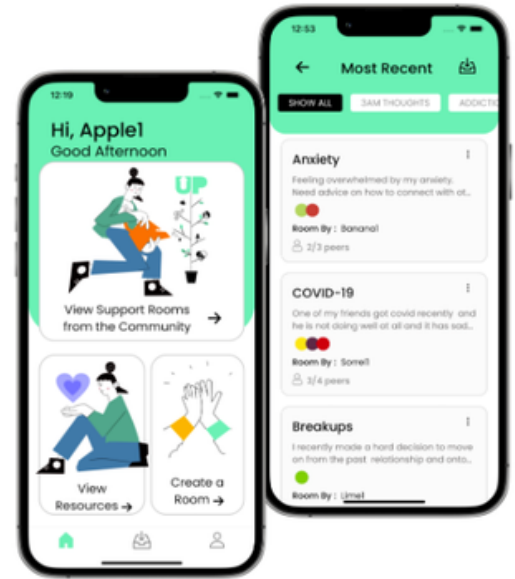
Registration: <https://pmiscc.org/conference>

📅 4th SEP 2024 🕒 9:00AM - 3:45PM

Click [here](#) to register and learn more.

# UPLIFT: MENTAL HEALTH APP

Uplift is a peer-to-peer mental health app designed to connect you with fellow peers for support and meaningful conversations. Rooted in the Caribbean, Uplift provides a safe and supportive environment where users can manage life's challenges together. Whether you're looking for emotional support, sharing experiences, or simply a place to connect, Uplift is here for you.



## UPLIFT'S ORIGIN

»» Uplift was inspired by urgent mental health issues in the Caribbean and the impact of COVID-19. Founder Ishmael Moreno was committed to making a positive difference, recognizing the lack of mental health awareness and support in the region. He and his dedicated team at CtrlAltFix Tech aimed to create a solution to uplift lives. As COVID-19 exacerbated mental health challenges, the need for a supportive platform became critical. Ishmael envisioned a space for individuals across the Caribbean to connect, share, and support one another, fostering community in times of isolation. Uplift is a testament to this unwavering passion for leveraging technology to positively impact lives and contribute to the betterment of the Caribbean community.

***“Uplift is more than just an app; it's a community committed to mental well-being and mutual support. Together, let's uplift each other and create a brighter future for mental health.”***



**CtrlAltFix Tech team,  
Software Development  
Company Based in Trinidad  
and Tobago**

## USING UPLIFT AS A WORKING ADULT

»»» Imagine you are a working professional navigating the stresses of a demanding job. After a challenging day, you open the Uplift app and join a support room titled "Work-Life Balance Strategies." In this room, you connect with five peers who share their experiences and tips on managing work-related stress. The conversation is enlightening and comforting, as you realize you're not alone in your struggles.

Throughout the session, you earn kudos points by sharing your own strategies and offering support to others. As you accumulate kudos, you look forward to using the credits to create your own support room focused on "Mindfulness Practices for Professionals." This way, you contribute to the community and continue to receive the support you need.

**Join the Uplift journey and be a part of a movement that destigmatizes mental health in the Caribbean. Connect via Facebook and Instagram @upliftapptt or reach out via email at [info@ctrlaltfixtech.com](mailto:info@ctrlaltfixtech.com).**



[CtrlAltFix Tech](https://www.ctrlaltfixtech.com)



# Project Managers Can Cook!

PMI SCC's first cookout was held on July 13th, 2024.



**Ramsingh's Curry Crew**  
**Winner**  
**Best Curry Duck &**  
**Team With Most Vybz**



**Duckineer Dahlins**  
**Winner**  
**Best Presentation**



**Energy Ducks**  
**Winner**  
**Best Veggie Dish**



Click [here](#) to view more photos.

# PMISCC Volunteer Office

## EMPOWERING CHANGE AND GROWTH

The PMI SCC Volunteer Programme is dedicated to enhancing project management skills in the Southern Caribbean. The program empowers its members while benefiting local communities. It is open to both local and international PMI-certified and non-certified enthusiasts with practical project management experience.

Volunteers are invited to provide their expertise to the chapter and offer project management training to community groups, all while focusing on their own personal growth through experience sharing and networking in a supportive environment.

Running from January 2024 to December 2025, this cycle's theme is *“Leading with Purpose: Project Management for Social Impact - Highlighting Projects that Drive Positive Change and Sustainability.”*

The Volunteer Office ensures that volunteers' efforts significantly contribute to achieving PMISCC's goals and accomplishments. Through these initiatives, the PMISCC Volunteer Programme is not only fostering professional growth but also driving social impact and sustainability in the Southern Caribbean.



## **BECOME A CATALYST FOR CHANGE**

At PMISCC, a volunteer is anyone who generously offers their time and effort to support our programs, projects, and activities without expecting any compensation. Volunteers are the backbone of our organization, playing crucial roles across various initiatives. Each volunteer role is clearly defined on our Volunteer Platform, ensuring everyone understands their responsibilities and expectations.

Are you ready to make a meaningful impact in Trinidad and Tobago? Join our passionate team at the PMI Southern Caribbean Chapter and help drive sustainable development in project management across the region.

Don't miss this opportunity to make a difference while growing your skills and network. Visit our [Volunteer Platform](#) or contact us at [volunteer@pmiscc.org](mailto:volunteer@pmiscc.org) to get started.

***Be a part of something greater – let's transform the Southern Caribbean together!***



# Project Inspiration



## SUSTAINABLE PROJECTS PROTECTING OUR OCEANS

Across the world, project leaders are driving teams dedicated to preserving the health of our planet's ecosystems. Pioneering companies like Apra Global are spearheading this crucial initiative.

Ayanda Nyikana, the founder and CEO of Apra Global, senior vice president rising leaders and youth ambassador, both for PMI's South Africa Chapter, and Future 50 honoree, credits her community for shaping her path.

While visiting a rural school near her hometown, she noticed students wearing school jerseys with no shirts, which inspired her to create Apra Global, a fashion and retail company dedicated to sustainability through recycling waste into clothing.

Born in South Africa, Ayanda recognizes the country's significant contribution to marine pollution, with thousands of tons of plastic entering the ocean annually.

In response, Apra Global aligns itself with the United Nations' Sustainable Development Goals 14.1 and 6.3, which aim to reduce marine pollution. Ayanda also emphasizes the importance of project management skills in achieving sustainable projects

# Project Inspiration

and socially responsible initiatives. She recommends implementing effective risk management strategies to identify and address potential social, environmental, and ethical risks.

To ensure successful project outcomes, regular measurement and evaluation are crucial, involving tracking key performance indicators, gathering stakeholder feedback, and conducting reviews.

Effective communication is also essential, as Ayanda notes that project managers must be able to communicate clearly with stakeholders, team members, and partners to ensure everyone is aligned on sustainability goals. By fostering trust and collaboration through transparent communication, Apra Global aims to make a positive impact in the fast-paced fashion industry while promoting sustainability.



*Read the full story [here](#) and explore more inspiring sustainable projects that are working to protect our oceans.*

# Save The Date

29.11.2024

END OF YEAR FUNCTION

VENUE TBA

# Free PMI Courses



## **From the Desk of the Vice President of Education and Certification**

The VP of Education and Certification wishes to join with her colleagues to express heartfelt appreciation for the contribution of each member to the success of

the Project Management Institute Southern Caribbean (PMISCC) Chapter in achieving 25 years of excellence.

As we celebrate this milestone of our 25th anniversary with you, we reaffirm our commitment to supporting the professional growth of you our valued members.

The Project Management Institute South Caribbean Chapter is excited to promote the courses highlighted in this article, which are available for free on the PMI website. The courses selected are designed to enhance your skills and advance your career.

We understand that with your busy schedule, it may be difficult to locate appropriate courses on the PMI Site, therefore this is our way of saying thank you for being a part of our community and helping us to achieve this significant milestone.

In today's fast-evolving professional landscape, continuous learning and upskilling are more important than ever. These courses, available for free exclusively to PMI members, cover a wide range of topics in project management, providing you with the latest tools, techniques, and best practices.

# Free PMI Courses

Whether you are a seasoned project manager or new to the field, these courses offer valuable opportunities to gain new insights, improve your efficiency, and stay ahead of industry trends.

We urge you to take advantage of these free courses and promise to promote courses regularly, as we continue to provide opportunities for your growth and development.

We take this opportunity to encourage each of us, as project professionals to seek to embrace PMI's cultural values which are 'Make it Easy', 'Aim Higher', 'Be Welcoming', 'Embrace Curiosity' and Together We Can'.

Let us work together towards expanding our reach to ensure we are a more vibrant, impactful, and stronger Chapter, as we look forward to celebrating another 25 years and beyond. Yes! Together we can ensure our Chapter's continued success.

**To view the listing of free courses offered by PMI, click [here](#).**



**Project  
Management  
Institute®**  
Southern Caribbean

# 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