



Project
Management
Institute®
Southern Caribbean

OFFICIAL NEWSLETTER

December 2025

IN THIS ISSUE

Board of Directors



International Volunteer Day 2025



Your Christmas Gift



PMBOK 8th Edition



Membership Office



Volunteer Appreciation



BOARD OF DIRECTORS

2025-2026



Janelle Kowlessar
President



Glynis Alexander-Tam
Immediate Past President



Warren Anderson
Executive Vice President



Kamla Rampersad De-Silva
Vice President,
Finance



Juliet Hector
Vice President,
Governance



Ava Cunningham-Riley
Vice President,
Operations

BOARD OF DIRECTORS

2025-2026



Lavaughn Selvon
Vice President,
Membership



Chayan Mohammed
Vice President,
Technology &
Cybersecurity



Judith Miller-Cruickshank
Vice President,
Professional Development



Kemba Brooks
Vice President,
Events



Ayesha David
Vice President,
Volunteer Engagement



Gail Seegobin-Singh
Vice President,
Social Impact & Outreach



MESSAGE FROM THE VOLUNTEER OFFICE

THEME: EVERY CONTRIBUTION MATTERS (UN IVD 2025)

As we celebrate **International Volunteer Day**, the Project Management Institute Southern Caribbean Chapter (PMISCC) extends heartfelt appreciation to every volunteer who supported our chapter throughout the **2024–2025 volunteer cycle**. Your time, passion, and commitment have strengthened our mission and enhanced our ability to serve our members and communities.

International Volunteer Day, first recognized by the United Nations in 1985, honours the tireless efforts of volunteers across the globe. This year's UN theme “**Every Contribution Matters**” resonates deeply with us at PMISCC. Whether you assisted with events, supported our outreach, contributed your technical skills, or offered guidance and encouragement, your efforts have shaped our success.

Your contributions demonstrate the true spirit of volunteerism: the



MESSAGE FROM THE VOLUNTEER OFFICE

THEME: EVERY CONTRIBUTION MATTERS (UN IVD 2025)

willingness to give your time, share your talents, and make a meaningful difference. They say the best present you can give is your time and you have given generously.

As we conclude the 2024–2025 volunteer cycle and prepare for the upcoming 2026–2027 term, we encourage you to continue this journey with us. Let's build on the connections we've made, strengthen our collaborations, and keep working together to **connect our communities** across the Southern Caribbean.

Thank you for being an essential part of PMISCC.

Your contribution matters — today and always.

Anasa London

Vice President Special Events and Volunteerism

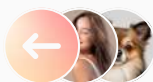


ELEVATE

September 2025



ELEVATE Conference Recap



Add Yours



YOUR CHRISTMAS GIFT

June James

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



A song writer once wrote ‘it’s not the things that you do at Christmas Time, but the Christmas things you do all year through.’ We usually associate love with Christmas and the activities in which we engage often is about giving. It is referred to the ‘Spirit of Christmas.’ This year I want to encourage you to consider giving yourself a love gift of true self-care. Self-care continues to be a popular buzz word, but what does it really involve? True self-care is holistic in nature and a sustainable investment in one’s self.

The first consideration when thinking about self-care is to recognise that we need it. Two of the crucial components are self-compassion and self-kindness, particularly in dealing with our judgemental, inner self critic. Holistic self-care and good brain health go hand in hand, good brain health practices are necessary for the brain to facilitate the many functions that take place in our bodies. According to Stephan Covey apart from diet and exercise we must also consider the mental and psychological elements of self-awareness, learning and growth, the social elements that speak to our relationships and how we generally navigate human connections, and last but by no means least the spiritual elements which are the parts of our lives that give us meaning.

YOUR CHRISTMAS GIFT

June James

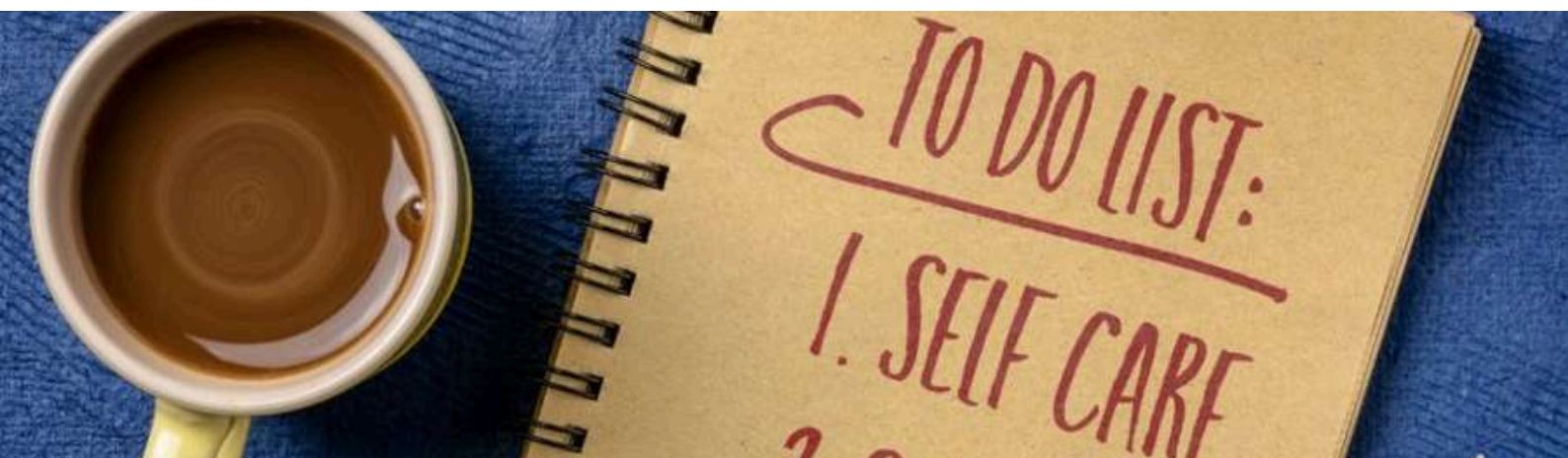
BSc.SW, MEd, PG Cert. Mental Health in Education;
Brain Health Coach



We must be aware of all these elements and understand what really makes us tick. Self-work is hard, but very beneficial to us becoming the best versions of ourselves. As you conclude 2025, introspect and first be grateful for what you already have.

As you think about some of the elements mentioned above, you would discover that there is room for improvement in many areas. Enhancing the various elements can cause you to achieve the essence of peace of mind. When we practice true holistic self-care, we place ourselves in a position where we are sufficiently resourced and supported that we are able both to meet the difficulties of life and be present to its joys. Start your holistic self-care journey and let it be the Christmas thing you do all year through 2026.

Happy Holidays everyone!

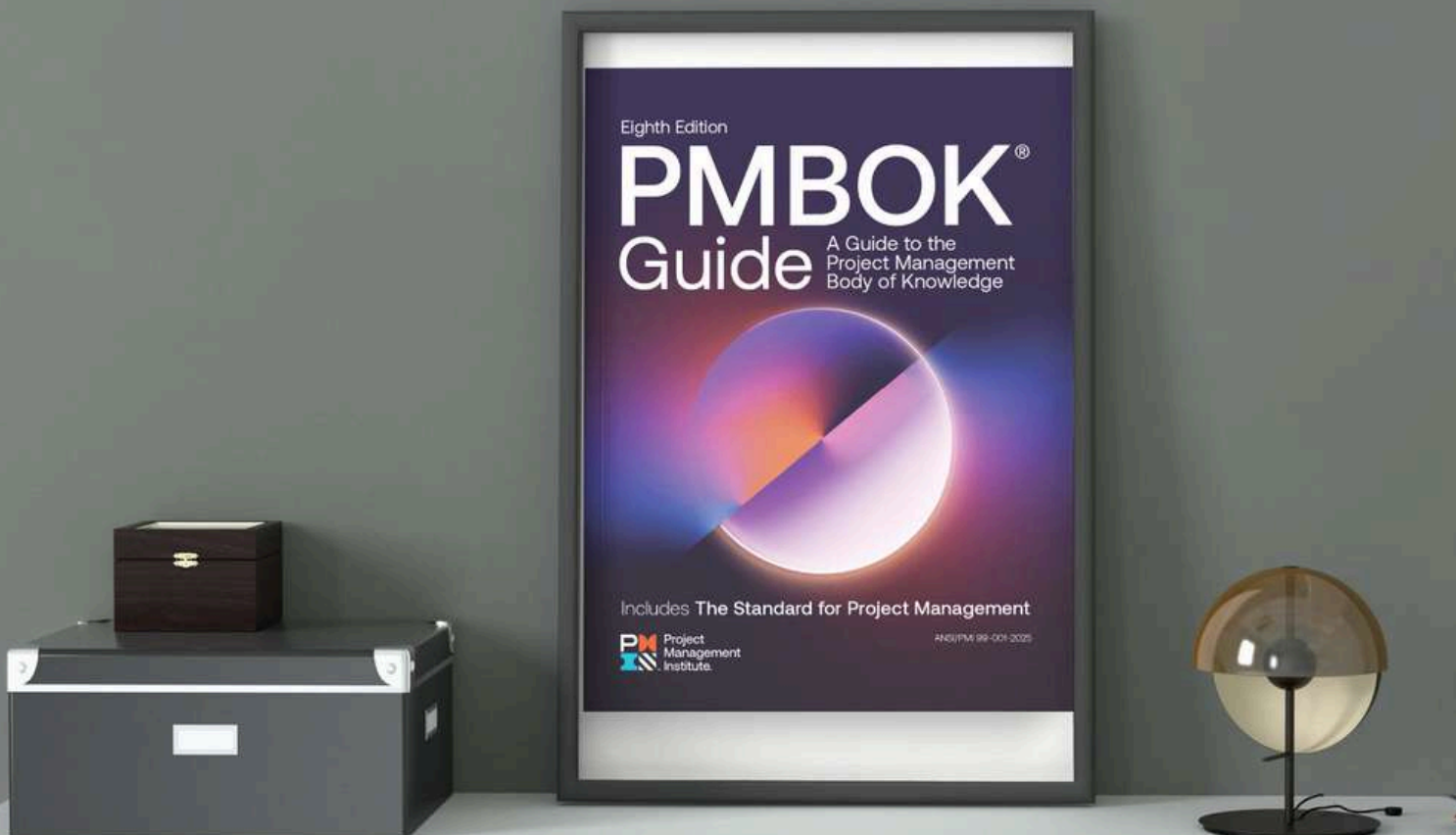


PMBOK 8TH EDITION

A Guide to the Project Management Body of Knowledge (PMBOK® Guide)—Eighth Edition and The Standard for Project Management represent the most data-driven and community-informed update in the guide's history.

Building on the long-standing legacy of PMI, the Eighth Edition retains the principles and performance domains foundation of the Seventh Edition, but simplifies and clarifies them to be more actionable, blending mindset, technical, and practical guidance to reflect how project management is practiced today.

[Click here to download.](#)



MEMBERSHIP OFFICE

This year, PMISCC Membership Office successfully launched our all-abroad Orientation sessions themed “**PMI Chapter Connect – Discover, Engage, Grow**”, a key milestone that had been developing since I stepped into VP Membership role. Achieving this engaging and informative experience for our members would not have been possible without the commitment, enthusiasm, and collaboration of my Board team and Volunteers.

Our success with 2025 Orientation sessions reinforces what our chapter stands for – creating meaningful value for both our members and volunteers. Through initiatives like these, volunteers have opportunity to contribute their expertise, learn, collaborate, and strengthen essential skills that support their professional and personal growth.

This year’s achievement reflects the strength of our chapter community: when members and volunteers come together with purpose and dedication, we elevate the experience for everyone we serve. We look forward to building on this momentum and invite our members to stay tuned for even more engaging and impactful Orientation sessions in 2026.

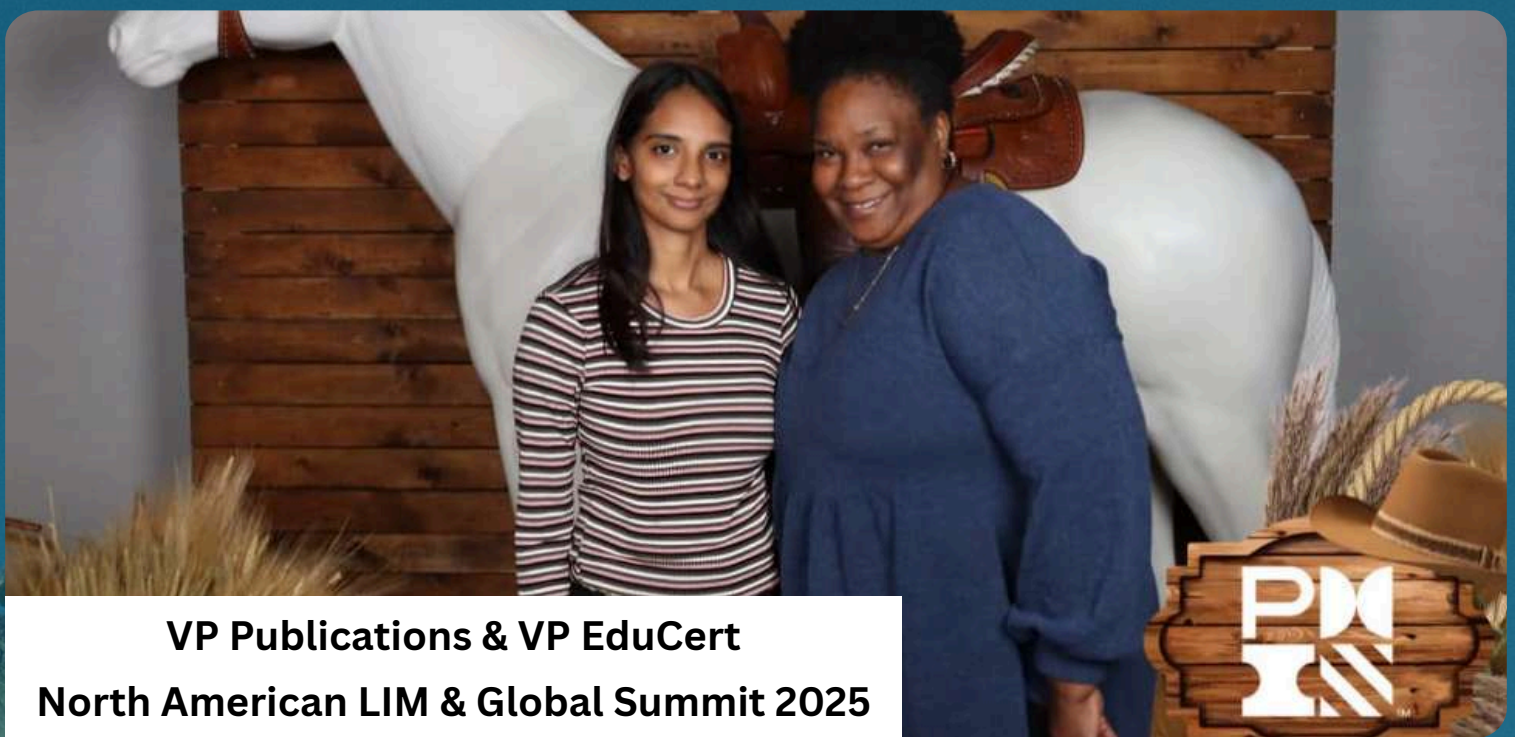
Vice President, Membership
Lavaughn Selvon

I thank my volunteers: Teddy-Ann Quamina, Hamant Codai, Ria Ramsingh, Jevon Phillips, Anne-Marie Bela Nga, Blessing Nnaji, for contributing both their skills and genuine passion for member engagement. Here’s what they shared:

Teddy-Ann, Membership Engagement Team Lead, shared: “the opportunity to host Orientation Sessions has provided confidence in my ability to speak to an audience with different professional backgrounds and capture their attention. Leading a team has helped me to continuously learn how to coordinate tasks and encourage others to complete goals while being considerate of setbacks and celebrating milestones.”

For Jevon, Engagement Specialist, he valued “working with other volunteers” while planning for the sessions, pointing out that this “fostered team building amongst volunteers and allowed us to collaborate effectively”.

Ria, Membership Data Assistant, states that her role strengthened “teamwork and communication skills as we coordinated tasks, aligned on timelines and supported each other through scheduling conflicts and unexpected changes.”



**VP Publications & VP EduCert
North American LIM & Global Summit 2025**



**PMISCC Award Recipient: Kia De Peiza
Best Research Project in the MSc Project Management Programme**



**VP Publications & VP EduCert
North American LIM & Global Summit 2025**



Volunteer Appreciation





Project
Management
Institute.
Southern Caribbean

STAY CONNECTED WITH US



Contact: +1(868) 717-3835

Website: www.pmiscc.org

Email: secretariat@pmiscc.org

Project Management Institute

Southern Caribbean Chapter (PMISCC)

P.O. Box 3065

#97 Tragarete Road,

Woodbrook, Port of Spain

Trinidad and Tobago