



# CMA Newsletter

## CALENDAR:

- **April 2010:** Adopt-a-highway. Exact date and time TBD. Watch your inbox for further information.
- **April 1:** April Fools Day!
- **April 29:** CMA Lunch Bunch and Dinner Meeting Combo.
- **May 2010:** Dress for Success. Collection dates TBD.
- **May 7-15:** Riverfest: [www.wichitariverfestival.com](http://www.wichitariverfestival.com)
- **May 20:** CMA Dinner Meeting. Be motivated by a popular aviation enthusiast. Additional details to come.
- **May 31:** Labor Day—Cessna Holiday

## lunch bunch

*Energetic and inspiring; Dr. Nate tells it how it is*

“What is social intelligence? Goleman, in his Harvard Business Review article from September 2008, defines social intelligence as ‘a set of interpersonal competencies built on specific neural circuits that inspire others to be effective.’ These circuits include mirror neurons – neural circuits that inspire others to be effective.” Dr. Nate Regier told the sold out auditorium at the March CMA Lunch Bunch.

Neural Wi-Fi in our brains? Dr. Nate went on to elaborate on this topic to show how social intelligence in our management team affects those they lead— us. “The term “resonance” has

often been used to describe the positive alignment of leaders and those they lead. Resonance refers to being on the same wavelength or channel, much like walkie-talkies “connect” when tuned in to the same frequency.

Resonance increases commitment, loyalty, productivity, and morale. Dissonance, on the other hand, produces fear, mistrust, resistance, and inefficiency.”

Nate Regier, Ph.D. is a licensed psychologist, trainer, and consultant. He obtained his degree in clinical psychology from the University of Kansas, and had a behavioral health practice for eleven years where he specialized in addictions, neuropsychological testing, and integrated behavioral medicine.

Dr. Regier provided a list of books that offer insight into the concept of soft skills and their application in the work place. A few are listed below:

- Covey, S. (2004). *The 8th habit: from effectiveness to greatness.*
- Goleman, D. (2006). *Social Intelligence: The new science of human relationships.*
- Kahler (2006). *The Mastery of Management.*



- Maxwell, J. (2005). *The 360 degree leader: Developing your influence from anywhere in the organization.*
- Pauley & Pauley (2009). *Communication: The key to effective leadership.*
- The Arbinger Institute (2002). *Leadership and Self-Deception: Getting out of the box.*

Dr. Regier’s presentation was very well received. Some comments extracted from the closing survey included:

“Simple, straight forward explanations. VERY relevant to our current business environment.”

“Great presentation!”

“Loved the energy and would love to hear more.”

“Very uplifting.”

You can find additional information on Dr. Regier and Next Element at [www.next-element.com](http://www.next-element.com).

*Story by Angie Graham D347. Pictures by Kevin Meier D372.*



**“Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.” ~Sam Walton**

# gaining popularity

## *Sold out lunches and near record attendance shook CMA*

On March 9th, CMA members met at Crown Up-town to enjoy an evening of humorous entertainment and delicious food.

The dinner meeting was a huge success as over 215 people attended! "All Shook Up" was well received and a near record setting attendance proved it!

"The turn out was amazing! We had 215 attendees, which is the largest turn out we've had in the past two years. Roger Whyte helped us mix a 'little business with pleasure' and the overall response from CMA members was very positive," Kathy Cole, CMA VP of Operations, said.

The next dinner meeting will be combined with the

CMA Lunch Bunch in April. This meeting is currently scheduled for April 29 and will include a formal business meeting.

The speaker for this meeting will be a motivational and informational speaker from EMPAC speaking on the topic of Employee Morale and Engagement: At Work and Outside of Work.

Be sure to sign up online via the CMA website— and quick! The

past two Lunch Bunches have sold out within hours.

Additional details are forthcoming. Be sure to check your inbox for sign-up details.



# money

## *CMA Scholarships*

Two \$500 CMA scholarships will be awarded this year to two high school seniors.

The topic of the required essay is: The FAA predicts a decreasing amount of student pilots in the immediate future and over the long term there will be very slow growth. What can Cessna do to encourage student starts?

Be sure to check your inboxes for a message coming soon.

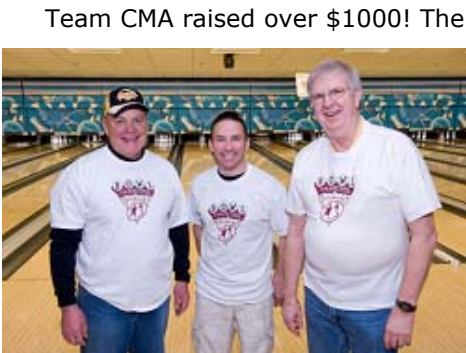


**"Coming to terms with the parts of a change that you cannot control is critical to being successful. The most constructive thing you can do with No Control factors during change is: 1. Recognize they exist, 2. See them for what they're worth, 3. Let them go."**  
 ~Chris Clarke-Epstein, author of *Do Change Better*

# team cma

## *Members bowl for kids' sake; raise money*

On March 6th, CMA members and Cessna employees alike, joined forces at Seneca bowl to raise money for Big Brothers Big Sisters through the Bowl for Kids Sake event.



Team CMA raised over \$1000! The team consisted of Charles Crouse, D174, Chris Tillery, D347, and Chuck Stump, D849, shown left to right. Thank you for your hard work and dedication in supporting Big Brothers Big Sisters.

# spring clean

## *CMA members support community*

Take an active role to keep our state clean - participate in the Adopt-A-Highway program. The Kansas Department of Transportation started the Adopt-A-Highway program in December 1989, with the first pick-ups starting in April 1990.

Why should highways be adopted? Litter pollutes the land and waterways in Kansas and can be harmful to people and animals. Adopting a highway helps the environment, saves tax dollars, and gives non-profit groups a chance to get involved in the community. It is up to us to be responsible and keep our state looking great. Information provided by: <http://www.ksdot.org/>

Be sure to sign up with fellow CMA members to keep our highways clean! Contact Sherri Stuke at 517-6807 or [SSStuke@cessna.textron.com](mailto:SSStuke@cessna.textron.com) for more information and to sign up.