

Date: February 8th, 2024

Presentation starts: 6:00 PM

Firm Presenting: Rehmann (Reps: Maggie Floyd, Laine Garner)

- Who is Rehmann?
 - Professional advisory firm that provides tax, audit, consulting, technology, and business solutions
- Our Values and Culture
 - Put people first, be obsessed with client success, cultivate business wisdom, exhibit unwavering integrity, embrace an entrepreneurial spirit
- Disclaimer
- Raise your hand if you have gone through painful activities in life
- Now think about... if you've felt happy/sad, felt scared/worried
- Mental health is about how we think, feel, and act.
- Mental Health Tips
 - Tip #1: Set Professional Boundaries
 - Ask your manager what their expectations are
 - Know when to ask for help
 - 1st step to asking help -> can be scary
 - Always ask for questions, showing you are processing it
 - It is the ego, everyone has the moments
 - Add a daily calendar block for lunch and admin time
 - When you take time off, stay offline!
 - Removal of that anxiousness of not replying
 - Tip #2: Set Technological Boundaries
 - Set aside specific times to respond to emails/voicemails
 - Turn your notifications off on your phone!
 - Find a "to-do" system that works for you
 - Write things down so you don't need to retain everything in your brain (use sticky notes, spreadsheets, calendars, planners)
 - Don't be afraid to step away from your desk!
 - Tip #3: Practice Mindfulness
 - Being more mindful
 - Take a few deep breaths
 - Put your headphones on! Play your favorite song!
 - Talk a walk
 - Hydrate, hydrate, hydrate
 - Ask someone for help
 - Just ask questions to confirm things
 - Focus on the positive
 - Talk about rose and thorns throughout the day (maintain optimism and look at the bright side)
 - Be your own cheerleader!

- Employee or Firm Resources
 - Employee Assistance Program (EAP)
 - 6 counselling/therapy sessions are covered by Rehmann
 - Legal or financial services
 - Talk to benefits team or HR to talk about
 - Mental health awareness training
 - Engaging in fun activities during breaks
 - Wellness benefits or programs
 - Logging hours in Vitality Rewards to earn prizes or rewards
- You don't have to change everything overnight!
- About the firm:
 - CPA not required, but encouraged (Rehmann offers lots of support, financial incentives)
 - The MSA or a master's degree is not required and depends on the individual's situation
 - OPT/CPT International Visa Status: Rehmann looks at an individual and case-by-case basis

Presentation ends: 6:28 PM

Important Announcements

- Treasurer Election
 - Cole Stachowiak
 - Unanimous vote
- Minutes Approval
 - [1.18.24](#)
 - Seconded, consent
 - [1.25.24](#)
 - Seconded, consent
 - [2.1.24](#)
 - Seconded, consent
- [Admitted Students Event](#)
 - STUDENT LOUNGE across from the HCOB DEANS' OFFICE at 12:15pm
 - (starts 12:30, 12:15 to set up)
 - We are Honor's Society
- Mock Interviews update
 - Busy season, unable to do it this semester
 - We will try again in Spring 2025 hopefully
- [Buddy](#) for the semester
 - Anastasia will do weekly check-ins
- [Committee Distribution](#)
- Virtual DEI Event – Enhancing Workplace Culture with Inclusive Language
 - Tuesday, February 20 from 7-8 pm ET
 - Register [here](#).
- Interactive Engagement with the whole chapter & for whole chapter (7:10 – 7:22 PM)