



NEWSLETTER MARCH 2022



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Etech's 12 Character Commitments

- INTEGRITY
- VALUING PEOPLE
- TEAM WORK
- ACCOUNTABILITY
- COMMUNICATION
- VISION
- ADAPTABILITY
- HUMILITY
- CREATIVITY
- TEACHABILITY
- POSITIVE INFLUENCE
- COURAGE

National Nutrition Month

Stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

History

“National Nutrition Week,” initiated in March 1973, was embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance.

To get started or continue your journey with proper nutrition:

- ▶ Move your body. Nutrition doesn’t end at what we eat. The Academy of Nutrition and Dietetics encourages making exercise an integral part of our lives.
 - » Try a new activity like Zumba, swimming, yoga, or spinning to keep workouts fresh and exciting.
 - » Go, go, H2O! We all know drinking water helps in nearly every aspect of wellness but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.
- ▶ Find inspiration. Search different medias for new and exciting recipes.
 - » Pinterest provides an infinite loop of recipes and inspiration to kick-start any nutrition journey. Picking up a new cookbook or following a cool food blogger works too!
 - » Pack your lunch. Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!
- ▶ Meet with a dietitian. They’ll provide you with a detailed meal plan that makes sense for your lifestyle and goals.
 - » Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees. Anyway, a healthier, happier outlook on life is priceless!
 - » Opt for color. When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, but they’ll also give you a healthy boost.

Etech Achievement

We would like to congratulate each one of you share Etech's post on LinkedIn. This has been part of our Vision casting activity. Look at the impact YOU have created in promoting Etech's brand! We are grateful to each one of you, appreciate your efforts and would request you to continue doing the good work you have been doing.

Thank you, team!

The World's Most Active Outsourcing/Offshoring Professionals on Social - March 2022

Rank	Employees on LinkedIn	No. of employees share
19	2085	130

St. Patrick Day @ Etech

Team Lufkin & Rusk -. Etech was a sea of green! They had a great show of St. Pattys day accessories and t-shirts!



Health Fair Lufkin & Rusk

They held a health fair to motivate the team members to be fit & healthy.



Bake sale -San Antonio

Friday, March 25th the San Antonio center participated in its very first bake sale. They were able to raise \$244! To be able to buy crayons, markers, pencils, paper clips, staples, tissues, and Clorox wipes to be donated to the Henry B. Gonzalez Elementary school in the Edgewood School District in San Antonio. The teachers were thrilled to receive the donation.



Learn How to unwind, unplug and relax with team Jamaica

Employees were presented with a with a “how to unwind, unplug and relax” infographic. The aim of this activity was to a emphasize the huge benefit of relaxation & practicing how to unwind, unplug and relax also promotes better mental health.



No Tardiness – Dallas

This month IDX held a contest for employees who met their schedule adherence without being tardy! Congratulations to: Kerwin Hicks, Montserrat Hernandez, Thomas Harlan, and Emilio Martinez!!



Toiletries donation – Palm Beach

Palm Beach center donated toiletries to YWCA Women's shelter of Palm Beach. The YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.



Pet Heaven – Rusk

The team organized distribution of pet meal which was an absolute out of box thought.

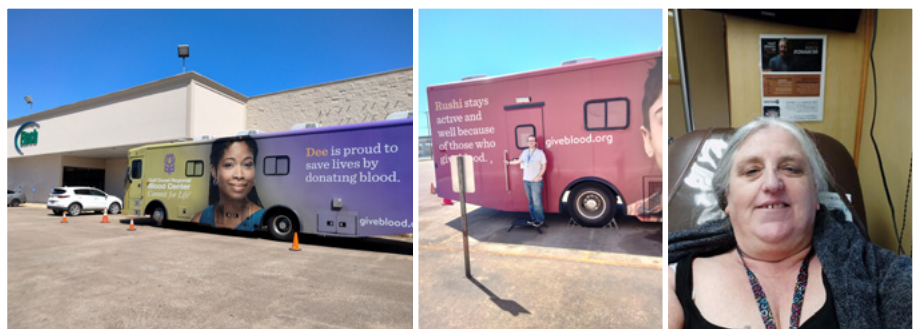


Blood Drive – Nacogdoches

Tuesday, March 4th, Etech Nacogdoches hosted their quarterly blood drive. The turnout yielded 10 successful donors, these donations will help patients throughout our community and are greatly appreciated.

Blood Drive – Lufkin

March 18th, Lufkin Etech hosted a Blood Drive! A huge thank you to the East Texas Regional Blood center for coming out to our center. They had 6 successful donors. We appreciate everyone who took time out of their day to save a life!



Trash Cleaning – Dallas

This month our center gave back to the community by organizing a trash clean up to beautify our community block. Our team circled the parking lot and sidewalks with supplies that helped clean our community. Thank you to those who were able to participate by making a remarkable difference in our community!



Soap Bar distribution – Jamaica

Team held a unique way to serve the society. The team was asked to donate soap bars or JMD\$100 for purchasing soaps. This was donated to 25th March to the REFUGE OF HOPE – Homeless shelter.



Theme week – Lufkin

Look at the wonderful pictures & guess the themes Week celebrated by Lufkin. (Some hats, superhero, etc.)



Theme week – Nacogdoches

Team hosted a theme week from March 15th through the 18th. Celebrating days such as Space Day, Historical Figures Day, and Superhero/Villain Day.



Dress Up Week- San Antonio

The center participated in a weeklong themed dress up. On Monday, everyone was encouraged to wear their favorite crazy socks, Tuesday they were able to twin with someone else in the office, on Wednesday was sports day, Thursday was wear green day, and Friday was character day.



Games & Snacks – Jamaica

Team Jamaica treated the employees with hot cornmeal porridge and saltfish fritters as a part of our “HR Employees Engagement Center-wide Activity”. They also had 2 trivia quizzes and the winners received a beautiful bathroom set and two Maxi gift cards.

MARCH TRIVA

WEDNESDAY- MARCH 16

TWO PRIZES! TWO WINNERS!

STAY TUNED TO YOUR EMAILS

hahah...here is a clue, do you know what's Ash Wednesday ☺



WONDERFUL WEDNESDAY

BREAKFAST IS ON US!

Menu: Cornmeal Porridge and Saltfish Fritters

→ Date: March 16, 2022.

→ Location: Break Room.

→ Time: 8:00am-11:00am.

All COVID-19 PROTOCOLS WILL BE OBSERVED. WEAR YOUR MASKS. SOCIAL DISTANCING. PROPER HYGIENE PRACTICES. FOOD WILL BE PACKAGED.

Candy Guess – Lufkin

Team played a Candy Guessing Game! They had a glass jar full of assorted candy. Employees were able to pay 50 cents per guess, of how many candies they thought were in the jar. There was a total of 86 pieces of candy. Brittany Malnar was the closest at a guess of 80. She won the whole jar! All proceeds go to our community action fund.



We are growing -Announcements @ Etech

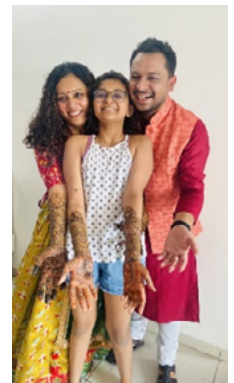
Etech has always been committed to the development of its people and supports the vision of making a remarkable difference for each other, our customers, and within our communities. Living our vision requires talented people who are passionate about developing others and equipping them to accomplish great things. It is truly amazing to be a part of an organization that places “**Valuing People**” as one of its core character commitments.



Amber @ Nacogdoches center started her career with Etech in 2004 as an outbound sales agent and in 2011 found her forever home when she moved into the Payroll Department as Payroll Coordinator & 2018 promoted to **Sr. Leader of Payroll**. Amber is currently working on getting her CPP (Certified Payroll Professional) license and hopes to have her certification by Spring of 2023.

Mayank Akhani @ Gandhinagar is promoted to the position of **Senior Global Corporate Trainer**. In his new role, he will continue with the expectations of his previous position as well as assist with Enterprise Trainings. He will take a lead in strategic vision of the Global Leadership Development Team and remain reporting to Melissa. He joined Etech in 2010 and has played a vital role in managing the Learning & Development team initially and then moved to the Leadership Development team in 2019. He has excellent knowledge and passion in people development, and is a certified Life Coach, Neuro Linguistic Programming

Trainer, and a Yoga Nidra Professional.

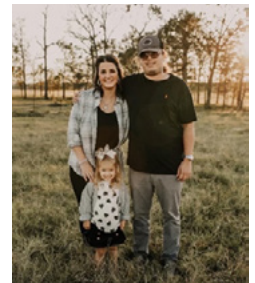


Khaleen “Seth” Edwards has been promoted to the position of **Interim Help Desk Supervisor San Antonio**. In his new role, Seth will be responsible for the day-to-day functions of the Help Desk within the San Antonio center, reporting to Jared Odom. Seth joined Etech in 2018 and transferred to the San Antonio in January of 2022. He has been instrumental in helping to get the San Antonio office functional and ready for production.



Let's welcome Krunal Desai as the new Training Leader for Gandhinagar! As the Training Leader he will be working closely with the trainers at our GNR center to help them with their growth and development, & with our partners in operations, HR, IT, other teams, & clients to enhance the training experience.

Morgan Bazard has been promoted to Assistant Manager – Incentives. Morgan will serve the Etech family by assisting with the management of Etech's Incentives in the US and Jamaica. Morgan joined the Etech team in February 2021 as UB Assistant and established herself as a driven and motivated leader, quickly becoming an integral member of the Incentives team.



Yukta Lakhyani is promoted to the position of Sr. Social Media Marketing Specialist! Yukta has been a part of the Etech family since December 2019 as a Social Media Marketing Specialist. In her new role, Yukta will be responsible for developing brand awareness, creative content and maintaining positive online reputation for Etech and assigned client accounts. She will be helping her co-team members to implement and manage assigned projects' social media strategies which will include the paid and organic marketing campaigns.

Health and Wellness @ Etech

*"Except. What is normal at any given time?
We change just as the seasons change".*
- Sherwood Smith



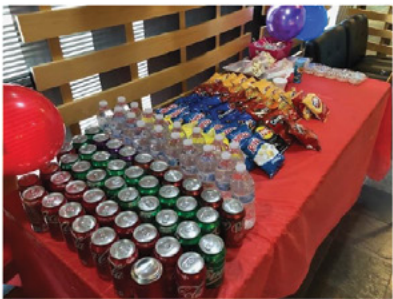
SUMMER PRECAUTIONS

- ✓ Stay Hydrated. Drink plenty of water.
- ✓ Keep ORS / Glucose sachets with you and in your first aid kit.
- ✓ Drink 02 to 04 cups of water every hour if you are outdoors.
- ✓ Increase Vitamin C intake. Add fresh fruits to your meal.
- ✓ Avoid caffeinated liquids containing large amount of sugar.
- ✓ Remember your animals. Be mindful of heat impacts on pets. Provide plenty of shade and water.
- ✓ Wear sunglasses, wide brimmed hats or cover your face while travelling outdoors.
- ✓ Do not wait until you are thirsty. ✓ Do not drink alcohol.
- ✓ Also, apply SPF 30+ sunscreen lotion on exposed body parts.

Etech Global Wellness Initiative

Employee Appreciation Day @ Etech

Team Dallas appreciated the employees by getting them to grab some drinks, snacks & popcorns placed on the front desk lobby area on the 4th of March.



Team Rusk distributed Cakes & candies to appreciate the team. The sweetest thanks for the contribution.



Team Nacogdoches decorated floor with “Thank you” & “We love our staff” banner and distributed snacks to appreciate the team.



Team Lufkin distributed chips & drinks reflecting the appreciation for contribution to the team.



Team San Antonio distributed Cookies & drinks reflecting the love for the people and their contribution to the team.



Spandan - Know your Company- Gandhinagar & Vadodara

They organized their First session of Spandan for the year 2022- “Know your Company” on 30th March 2022. HODs from all the departments addressed the team for 7 to 10 minutes and talked about their department and plans for future. In this activity they included last 3 months new hires, both virtual and physical team. TMs enjoyed the session wherein they had multiple activities and won DFDs as well.



Servant Leadership Awards & YOSA 2021 Ceremony @ Gandhinagar & Vadodara

Appreciating your team is the top most priority of Etech & YOSA is the best way to do that.



Samarpan School – Gandhinagar

CAT members of Gandhinagar visited Samarpan School which caters around 100+ students who are hearing and speech impaired and also has a hostel that has 50 residents. Etech Gandhinagar has been associated with Samarpan School for past 9 years and have partnered with them in many activities. March 2022, the team visited them to check their wellbeing and supply some ration for the month.



Exhibition Cum Sale- Vadodara

Team Vadodara held an exhibition cum sale for the handicraft product made by the members of Anand Ashram Sva Shakti Wing. This organization helps underserved Girls & help them raise income source.



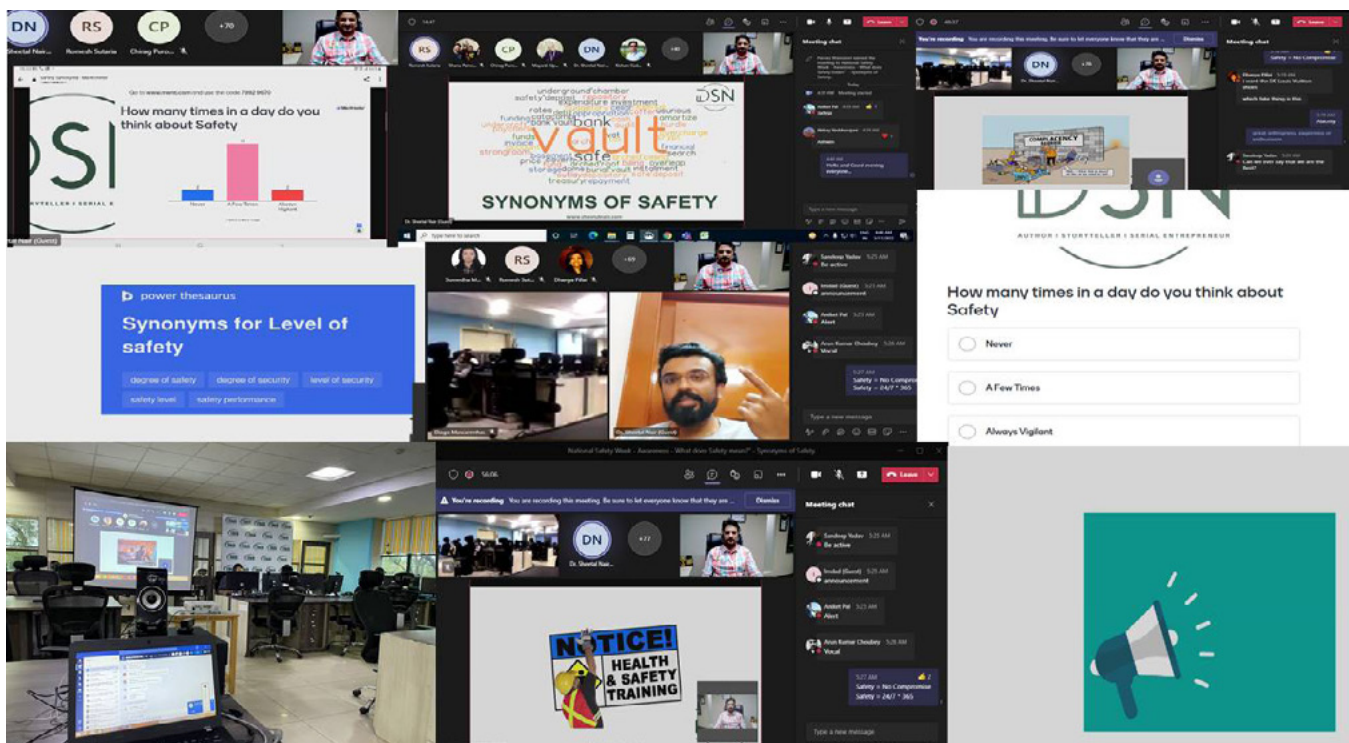
Fire Safety session- Vadodara

Fire safety in a panic situation is very important, this is the reason why the Vadodara team invited fire safety authorities to help the team with tips on how to handle oneself & others around you in case of fire. The team also did fire drills.



National Safety Week- Gandhinagar & Vadodara

Safety is a full-time job, don't make it a part time practice. The session was conducted by Dr. Sheetal who gave some great insights on Fatigue, Mental Health, Complacency, Alacrity, Being Aware about Safety, Investing in Safety, Avoid Cost cutting, Focus on Safety in everything we do. Safety = No Compromise. Safety = 24/7 * 365



Healthy March Selfie – Vadodara

Team motivated the members to post selfies with health snacks for the month of march.

