

Office of Research Services



*A Forward-Looking ORS:  
Inspiring a Culture of  
Collaboration, Agility,  
Innovation & Well-Being*

NOVEMBER 6, 2024 • 10:30 AM - 12:00 PM



National Institutes of Health  
Office of Management

# COLLEEN A. MCGOWAN, MHA, FACHE

Director, Office of Research Services



Greetings Team ORS,

Welcome to our Fall Town Hall! In this season of thanksgiving, our time together is a chance to cultivate gratitude and celebrate career milestones of our peers. More than 2,000 members strong, ORS continues to grow as we seek to better serve our NIH partners across the country. Our new organizational structure is an effort to zero-in on our strengths and constantly deliver more value.

But as an organization of our size, it can be difficult to appreciate the variety of roles and experiences of our peers that make up ORS. For this Town Hall,

we've carved out some time for you to catch a glimpse of the rich diversity of the workdays happening every day. My hope is these "day-in-the-life" video shorts will be a fun way to get to know ORS colleagues you might not ordinarily have a chance to meet around campus.

This time of year also means the holidays are right around the corner. Often, it comes with added stress in both our personal and professional lives with big projects and the demands of the season. It's why I've invited Rachel Kanarowski, an organizational development consultant with a real passion for prioritizing wellness in the teams she works with. Her keynote address is the reminder we need to protect our time and our peace as we head into the season of giving.

It's been an incredible year of growth and progress for ORS, and I hope you

With gratitude for all you do,

A handwritten signature in black ink that reads "Colleen A. McGowan".

Colleen A. McGowan, MHA, FACHE  
Director, Office of Research Services

# PROGRAM OF EVENTS



## ORS ORGANIZATIONAL UPDATES

**Ms. Colleen McGowan**, Director, Office of Research Services

## DAY-IN-THE-LIFE VIDEO SEGMENT

**Mr. Kenneth Levy**, Fire Fighter, Division of Fire and Rescue Services

## WELLNESS KEYNOTE ADDRESS

**Ms. Rachel Kanarowski**, Organizational Development Consultant

## INTERACTIVE ACTIVITY

**Ms. Jada Roberts**, ORS Town Hall Planning Committee Co-Chair, Office of Innovation and Information Technology

## DAY-IN-THE-LIFE VIDEO SEGMENT

**Mr. Darren Alexander**, FHO Manager, Division of Amenities and Transportation Services

## DAY-IN-THE-LIFE VIDEO SEGMENT

**Ms. Isabel Taveras**, Floor Supervisor, Division of Veterinary Resources

## ORS LENGTH OF SERVICE AWARD CEREMONY

Awardees on stage with **Ms. Colleen McGowan**, Director, Office of Research Services

## CLOSING REMARKS

**Ms. Colleen McGowan**, Director, Office of Research Services

# LENGTH OF SERVICE AWARDS



## 5 YEARS

Yusuf Ali (SER/DP)  
Tim An (OD/DQMP)  
William Byrd (SER/DPSM)  
Troy Cook (SER/DFRS) Jennifer  
Dockiewicz (OD/OAM) Sharone  
Evans-Nzala (SER/DP) Daniel  
Forgosh (PES/DIS) Rodney Hall  
(PES/EMB)  
Raisa Ionin (SR/DLS)  
Victor Jimenez (SER/DP)  
Kenneth Levy (SER/DFRS)  
Jason Martin (OD/OAM)  
Valerie Martini (PES/DIS)  
Alex McPartland (SER/DP)  
Jalexis Stancil (SER/DPSAC)  
India Taylor (PES/MAB)

## 10 YEARS

Steven McWhite (SER/DP)  
Nancy Muir (SR/DLS)  
David Shilling (OD/OIIT)  
Rhonda Walther (SR/DOHS)  
Yancy Wroble (SER/DFRS)

## 15 YEARS

Seth Cooley (SR/DOHS)  
Jake Escano (OD/OIIT)  
Michael Keys II (SER/DFRS)  
Curtis Scayles (SR/DVR)  
Stephen Teagarden (SER/DFRS)  
Rocky Toler (SER/DP)  
Joanna Widzer (SR/DLS)

## 20 YEARS

Barry Brasseaux (OD/OIIT)  
Derick Burns (OD/OAM)  
Alicia Coleman (OD/OIIT)  
Michael Dolon (SER/DP)  
Thomas Hamilton (SER/DP)  
Brian Jones (SER/DEM)  
Douglas Joubert (SR/DLS)  
Wayne Lovelace (SER/DP)  
Jeffrey Youmans (PES/DATS)

## 25 YEARS

Craig Rowland (SER/DP)

## 30 YEARS

Tamara Barreros (OD/OAM)  
Nancy Terry (SR/DLS)

## 35 YEARS

Michael Roberson (SR/DRS)

## ABOUT OUR SPEAKER



Rachel Kanarowski is a speaker, author, and organizational development consultant focused on staff well-being across healthcare, education, and nonprofit groups. Her workshop, "Self-Care 2.0" has provided over 2,500 employees across 15 organizations, including the American Lung Association, Google, and the National Institutes of Health, with a science-based framework for understanding and responding to chronic stress. This innovative approach earned Rachel the "Trauma-Informed Care Champion" award for the City of Chicago in 2023.

Prior to her current work, Rachel spent 15 years as a leader in consumer marketing and the media, including as Editor-in-Chief of InStyle magazine in the Czech Republic. She's passionate about a future that includes access to well-being for all people and will soon relocate to Washington DC to support others working towards a similar vision.

## ORS TOWN HALL FEEDBACK SURVEY

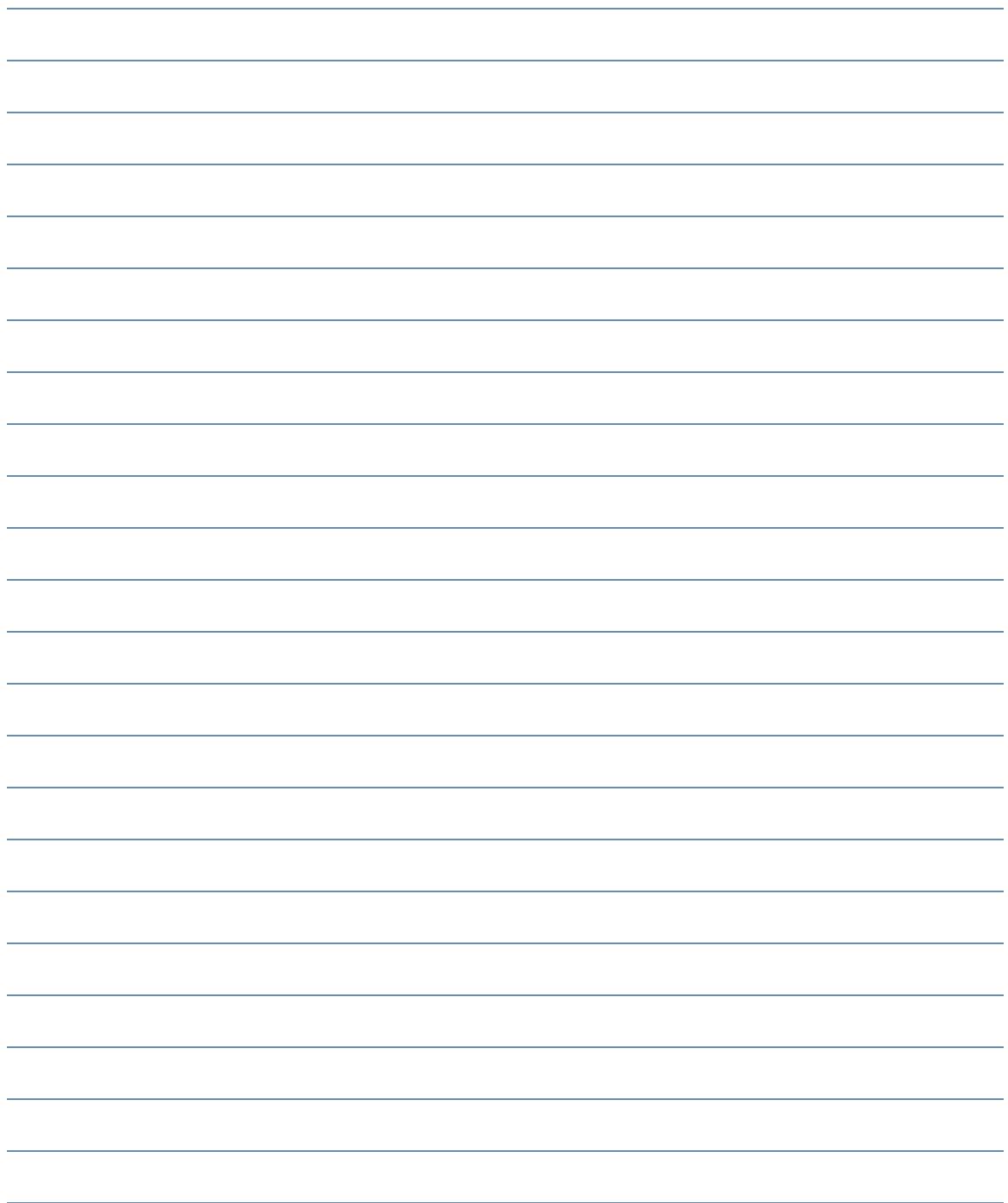


We want to hear from YOU! Our ORS Town Hall Planning Committee is always looking to improve your experience. Scan the QR code below to share your feedback.



## NOTES







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