



CFDD National Regular Program Award Application

5 Pages Maximum Including Application (No Folders Please)
MUST BE TYPED OR COMPUTER GENERATED

Hit the tab key to move from one space to the next. Completed application forms should be submitted with the information requested and must be received by **March 15**. Please send your files as e-mail attachments to cfdd@nacm.org. The name of the file containing the nomination form should be as follows: RegProg_ChapterName.doc. Example: RegProg_Albuquerque.doc. The name of the file containing samples should be as follows RegProgSamples_ChapterName.doc. Example: RegProgSamples_Albuquerque.doc.

CFDD Oklahoma Chapter

Oklahoma City, OK

Chapter

City/State

Chapters are invited to nominate one of their regular programs each year for CFDD's National Outstanding Regular Program award. For an application to be eligible for consideration, it must be completed and signed by an authorized representative of the submitting Chapter and have met the Judge's scoring threshold of 65. In recognition of outstanding regular programs, the CFDD Board of Directors presents one Outstanding Regular Program Award in each Chapter membership class at the CFDD Annual Awards & Installation Luncheon held during the NACM Credit Congress.

Chapter Membership Classification (January 1): Class A: 25 and over Class B: 0 – 24

Program

See point breakdown below

Name of Session Self-Care and Leadership

Date Held Thursday, August 10, 2023

Length of Program 1 hour

Program Content

30 Points Maximum

Sheila's presentation consisted of the importance of practicing self-care at work, setting goals to add purpose to your workday, creating an ergonomic workspace, limiting your responsibilities, learning to say "NO". She also covered using the SMART method when setting goals meaning they are specific, measurable, attainable, relevant and time-bound. Self-leadership skills to develop such as self-awareness, motivation and decision-making. Asking for feedback to understand how you are doing at work can improve your awareness and emotional wellbeing. Setting examples for your employees/co-workers, owning and accepting your mistakes and learning to be present. As leaders to communicate successfully, influence or lead people you must understand how you're perceived so you can change perception by letting your actions match your words and be aware of the effect you have on others.

Speaker Name Sheila Roames, CCE

Speaker Title Western Regional Credit Manager, Ergon Asphalt and Emulsions Inc

Sheila has worked in credit and accounts receivable 30 plus years. She has been active and a dedicated member of NACM for 20+ years. She is also very active and dedicated member of CFDD Phoenix Chapter for 20+ years and CFDD National Board for 19+ years. Sheila has obtained her CBA, CBF and CCE. She has also been a CFDD Certified Mentor the past 17+ years. She was awarded the NACM Nat'l Certified Credit Executive of the year as well as NACM AZ Credit Executive of the Year. She is currently serving as the Western Regional Credit Manager of Ergon Asphalt & Emulsions the past 17+ years.

Speaker Credentials (background)

Continuing Education Units (CEU's) Earned? Yes No

10 Points Maximum

CCE Recertification Points Earned? Yes No

CEU Control Number 33107

Participation

20 Points Maximum

Members Number in Attendance 11 % of Membership 38

Non Members Number in Attendance 1

Total Attendance 12

Number of new members gained as a result of attendance at this regular meeting 0

Publicity

(Please attached copy of the meeting notice)

10 Points Maximum

How was this program promoted and to whom:

Meeting flyer and email invitation to CFDD membership. Meeting information and flyer was also shared on CFDD Oklahoma Chapter's facebook profile.

Reason to Consider

30 Points Maximum

Why did you select this particular program for consideration for this award?

Ms. Roames presentation was very informative and helpful for people that are in a leadership position at their jobs. There were many key points covered that can also be useful in your personal life including self-care and setting goals.

Meeting attendees were very receptive to Sheila and her presentation style which kept everyone's attention and interacting with her. The information and her experiences in the credit industry were great and could easily be implemented in everyone's workday.

Completed application forms should be submitted with the information requested and must be received by **March 15**.

The name of the file containing the nomination form should be as follows: RegProg_ChapterName.doc. Example: RegProg_Albuquerque.doc. The name of the file containing samples should be as follows RegProgSamples_ChapterName.doc. Example: RegProgSamples_Albuquerque.doc.

Your signature, represented by typing your name, attests to the validity of the information provided to the best of your knowledge.

NACM – CFDD
8840 Columbia 100 Parkway
Columbia, MD 21045
P: 410-740-5560
F: 410-740-5574
E: cfdd@nacm.org

Michele Miller	3/14/2024
Chapter Program Chairman (representing signature)	Date
Tina Henson	3/14/2024
Chapter President (representing signature)	Date

5 Pages Maximum
(not including sample newsletter)

Revised December 2019