

# What's next



Life at Nuance, Professional Development

## An Attitude of Gratitude

Taking a moment to reflect on what brings us joy and what we appreciate most helps us focus on the positive and realize how lucky we are. Read why a few Nuance employees are grateful this National Gratitude Month!

**Meredith Mascolo**

Posted November 21, 2022



Scientists studying positive psychology found that **a one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms**, [according to this article](#). To lift your positive spirit this National Gratitude Month, I asked a few Nuance employees what they are grateful for right now. I discovered that they went on amazing adventures, developed meaningful friendships, reached incredible milestones, and more! When you're done reading this blog, take a moment to reflect on what **you** are grateful for. Feel better?



“

I am grateful to be part of Nuance in a role that allows me to be creative and to collaborate with colleagues all around the world. I absolutely love what I do. I'm so very thankful for the support of my family, friends, co-workers, and managers, my feisty, but sweet, miniature schnauzer named Jade, and for my good health. In September, I celebrated two years of being cancer free with my long-time friend and co-worker, Kim. We went on a 9-day cruise to Alaska and saw so many amazing things, checking off items on a bucket list I created during chemotherapy (did I mention that I am also grateful for hair...ha!). We went horseback riding in the Alaskan wilderness, photographed bears in the wild, and witnessed a large group of humpback whales bubble-net feeding right in front of us! It will be almost impossible to top that experience, but I will keep trying. ☐ So grateful and thankful.” – **Vallie (Florida), Program Manager for Clinical and CSO Operations Enablement Team in the Healthcare Customer Success Organization**



“

Apart being grateful for being healthy, and living in a peaceful and safe country where social justice matters, I'm grateful to work with so many great colleagues from all around the world. Not only are they really good at their job, but they also help me broaden my perspective and culture on other parts of the world. Now I take Kadha, instead of a grog, when I have a cold! Recently, my engineering team started joint development with the Microsoft teams, and it's great to see that we share the same passion to deliver great product for our customers. This year was great, but I believe next year will be even better!" – **Marc (Montreal), Senior Manager Software Development, Enterprise R&D**



“

I am so incredibly grateful for my extremely talented Core Tech ([Mix](#)) team, pictured here

(Nirvana, Jamie, Andy, Cory, Alfred, Gabrielle, Bryan, and me). Mix has come such a long way and the fun is just getting started ☐. There are no words that could express how proud and grateful I am of this team. I can't wait for what 2023 + Microsoft brings, and I look forward to conquering all challenges that come our way.” – **Nikos Polis (New Jersey), Manager, Software Engineering, Core Technology R&D**



“

I am grateful for so many things, it was difficult to narrow it to just one. This year, I married my lifelong friend, Michael, who is waging a successful battle against cancer. Many things aligned to bring us together. We give thanks to our Creator for the favor, and we enjoy and appreciate each day we have together. We're making plans to minister to the elderly and travel a lot in retirement.” – **Flora (Texas), Senior Principal Solution Architect, Global Deal Optimization Team**



“

I am the U.S. Payroll Manager and I oversee the payroll processing of all our U.S. employees. I am incredibly blessed to have the team that I do, and I don't take it for granted. We work extremely hard to make sure our employees are paid correctly and on time, on top of assisting with projects that seem to come up one after another. I couldn't do my job without them, and I appreciate everything they do! I am also very grateful for my friends and family because they all did so much for me and my husband this year leading up to our wedding. They helped us execute on our vision for our day and it was magical seeing it all come to life! It is a day that I will never forget. My husband and I also had the opportunity to travel to Hawaii for a couple weeks in September and we are so thankful for that experience. We went on so many amazing adventures, including snorkeling with sea turtles (they are massive!) and flying in a helicopter around Maui. I am extremely grateful for everything this year brought.” – **Anna (Massachusetts), People & Places team**



I am grateful to be part of Nuance – it’s been an enriching professional experience working with and being a part of my team. I am also thankful for all the help and support of my leadership each day. It is always humbling to work with such a knowledgeable team and leaders who provide me with valuable guidance and foresight. Also, I am grateful for the flexibility of hybrid work, which is letting me save a lot of daily travel time. My 8-year-old son is always excited to learn about what we do and thanks to Nuance, he understands how we make a difference.” – **Abhijit Das (India), Senior Manager Software Engineering, Core Technology R&D**

**Tags:** [culture](#), [Gratitude](#), [positive](#), [Team Nuance](#)

## More Information



**Nuance technology is helping to change the world**  
Learn more about how Nuance AI solutions transform the way we work, connect, and interact with each other.

[Learn more](#)



## About Meredith Mascolo

Meredith joined Nuance in 2013 and is the Senior Manager, Communications. A perfect job for her, as she loves words, puns and idioms. She's also the community manager for our company intranet. Meredith earned a B.M. in music education from Oberlin Conservatory and a M.S. in Administrative Studies, Innovation and Technology from Boston University. She is a classically trained violinist who enjoys playing her 5-string electric at yoga classes and other musical projects. She loves reading, cooking and yoga.

[View all posts by Meredith Mascolo](#)