







Life at Nuance, Professional development

An Attitude of Gratitude

Life at Nuance

November 21, 2022



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!

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?



l am grat eful to be part of Nua nce in a role that allo WS me to be crea tive and to colla bora te with colle agu es all arou nd the worl d. I abs olut ely love wha tΙ do. ľm so very than kful for the sup port of my fami ly, frien ds, cowor kers and man ager s, my feist y, but swe et, mini

atur e sch nau zer nam ed Jade , and for my goo heal th. In Sept emb er, I cele brat ed two year s of bein g canc er free with my long time frien d and cowor ker, Kim. We wen t on a 9day crui se to Alas ka and saw so man У ama zing thin gs, chec king off item s on buc ket

list I

crea ted duri ng che mot hera ру (did men tion that l am also grat eful for hair ...ha !). We wen t hors eba ck ridin g in the Alas kan wild erne SS, pho togr aph ed bear s in the wild, and witn esse d a larg e grou p of hum pba . ck wha les bub blenet feed ing right in fron t of us! lt will be alm

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imp ossi ble to top that exp erie nce, but I will kee tryin g. So grat eful and than kful. Valli е (Flo rida), Pro gra m Ма nag er for Clin ical and cso Ope rati ons Ena ble me nt Tea m in the Hea lthc are Cus tom er Suc cess Org aniz

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grea t pro duct for our cust ome rs. This year was grea t, but I beli eve next year will be eve n bett er!" Mar c (Mo ntre al), Seni or Ма nag er Soft

war e Dev elop me nt, Ent erpr ise R&D

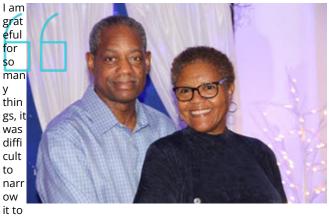


I am SO incr edib ly grat eful for my extr eme ly tale nted Cor e Tec h (Mix) team pict

ure d here (Nir van a, Jami e, And y, Cory , Alfre d, Gab riell e, Brya n, and me). Mix has com suc h a long way and the fun is just getti ng start ed Ther e are no wor ds that coul d expr ess how pro ud and grat eful l am of this tea m. I can't wait for wha 202 3+ Micr osof

t

> brin gs, and look forw ard to con que ring all chall eng es that com e our way. " **–** Nik os Poli (Ne w Jers ey), Мa nag er, Soft war Engi nee ring , Cor е Tec hno logy R&D



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the U.S. Payr oll Man ager and Ι over see the payr oll proc essi ng of all our U.S. emp loye es. I am incr edib ly bles sed to hav e the tea m that

l am

I do, and I don' t take it for gran ted. We wor k extr eme ly har d to mak e sure our emp loye es are paid corr ectly and on time , on top of assi stin g with proj ects that see m to com e up one afte r anot her. Ι coul dn't do my job with out the m, and 1 арр reci ate ever ythi ng they do! Î

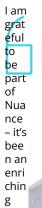
am also very grat eful for my frien ds and fami ly бес aus е they all did so muc h for me and my hus ban d this year lead ing up to our wed ding The y help ed us exec ute on our visio n for our day and it was mag ical seei ng it all com e to life! It is а day that I will nev er

forg

et. Му hús ban d and also had the opp ortu nity to trav el to Haw aii for a cou ple wee ks in Sept emb er and we are so than kful for that exp erie nce. We wen t on SO man У ama zing adv entu res, incl udin g snor keli ng with sea turtl es (the У are mas sive!) and flyin g in a helic opte

r

arou nd Mau i. I am extr eme ly grat eful for ever ythi ng this year bro ught ." - Ann а (Ma ssac hus etts), Peo ple . & Plac es tea m



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trav el time . Му 8year -old son is alwa ys excit ed to lear n abo ut wha t we do and than ks to Nua nce, he und erst and S how we mak e a diffe renc e." -Abh ijit Ďas (Ind ia), Seni or Ма nag er Soft war Engi nee ring , Cor

Tags: Team Nuance, Gratitude

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