



## Are you tired of Zoom and Teams meetings?

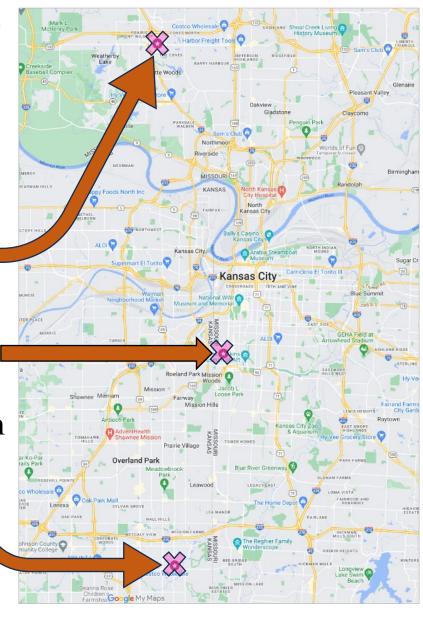
Join IMAKC members for a unique in-person networking luncheon on March 27<sup>th</sup> at 12:30 p.m. at the location of your choice:

the Zona Rosa
Panera's Bread
Company,

the Westport First Watch, and

the Leawood Town Center Joe's BBQ of Kansas City.

Please reserve your seat by Monday, the 25<sup>th</sup> by visiting



https://kansascity.imanet.org/kansascitychapter/events.

### 'Tis the Season!

For burnout, that is. Tax preparation, annual reports, year-end accounting updates, actual versus budget analyses, projections adjustments, performance evaluations... the tasks feel endless this time of year. Acute burnout affects nearly every aspect of your life while chronic burnout may result in health consequences.



The Mayo Clinic offers these recommendations to diminish possible burnout:

#### Take proactive action to avoid burnout at work

Engage in "job crafting" — taking proactive actions to evolve your role to something more realistic and rewarding. For example, you might:



- Meet regularly with your supervisor to get support and feedback on your work.
- Have frank discussions with your leaders about maintaining work hours and work-life integration.
- Identify tasks that energize and interest you. Focus on those tasks and volunteer for similar projects.
- Increase or maintain relationships with your co-workers even if it means that you have to
  organize events or instigate interactions.
- Learn to say "no" or "not right now" to requests outside of your job priorities.

#### Be intentional about prioritizing your home life

You can put the "life" back into work-life integration if you:



- Make a division between work and home life, even if you work at home. You might try taking a walk after work to clear your head, turning off your email alerts or closing your office door at 5 p.m.
- Find time to meet up with friends and family members regularly for social support. Schedule a happy hour, family game night or a trip to the movies with people you care about.
- If there's conflict at home, take action to lower your stress levels. Have a family meeting to discuss what's going on or get help from a family therapist.

#### Prioritize your health

Don't forget that taking care of your health and well-being helps you decrease burnout. Try to:



- Improve or maintain your physical health with a healthy diet, regular exercise and plenty of sleep.
- Improve or maintain psychological well-being. Seek professional counseling to learn coping strategies to manage stress.
- Engage in relaxing activities that reduce stress.
- Learn tactics for managing stress, such as yoga, meditation, journaling or volunteering.

Read the full article by the Mayo Clinic Press Editors or purchase the book by Drs. Stephen Swensen and Tait Shanafelt by visiting <a href="https://mcpress.mayoclinic.org/mental-health/breaking-down-burnout-in-the-workplace">https://mcpress.mayoclinic.org/mental-health/breaking-down-burnout-in-the-workplace</a>.

## **CPE and Networking Opportunities**

### March 27<sup>th</sup>

#### 12:30 p.m. – 1:30 p.m. IMAKC Multi-site Networking Events

Three convenient locations in the Kansas City metropolitan

For details and to reserve your spot, please visit the IMAKC Event webpage at https://kansascity.imanet.org/events

# April 25<sup>th</sup>

#### 11:30 a.m. - 7:00 p.m. IMA Women's Leadership Summit

#### **Unlock Your Leadership Potential**

Register now for the highly anticipated IMA Women's Leadership Summit, scheduled for April 25, 2024, at the University of San Diego. IMA members will benefit from exclusive pricing. Early registration is encouraged to guarantee your participation in this empowering event.

https://web.cvent.com/event/eac0f1cc-107c-46a7-8a8c-cf775494f978/summary

# May 16<sup>th</sup>/17<sup>th</sup>

11:30 a.m. – 7:00 p.m. Midwest Management Accounting Conference (M2AC2024)

Hosted by the Joplin Tri-State IMA Chapter at the Downstream Casino Resort, Quapaw, OK Formerly known as the Midwest Manufacturing Accounting Conference, this annual event brings together an excellent pool of speakers to share their expertise and experiences in 12 hours of CPE! The M2AC focuses on the needs of management accountants in the field of manufacturing, but also has some great sessions that are valuable for all accountants and finance professionals, including ethics, Excel, the economy, and leadership.

https://joplintristate.imanet.org/events



October 24<sup>th</sup>/25<sup>th</sup>

#### **MARK YOUR CALENDAR!**

7:30 a.m. – 5:00 p.m. The IMAKC Annual CPE Conference

We are pleased to partner with CBIZ on the Kansas City Plaza to offer up to 16 CPE credits on a variety of topics of interest to accounting and finance professionals. Save the date!

## **Career Opportunities**

## IMAKC sponsors an online Job Board for the benefit of our members.

(https://kansascity.imanet.org/aboutchapter/jobboard)

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#### **Director of Finance and Administration**

The University of Kansas School of Health Professions (SHP) Director of Finance and Administration is responsible for providing overall leadership, planning, and support related to the School's administrative functions, including: budget preparation and execution; school financial analyses, purchasing, payroll and travel; personnel administrative support and human resource management. Reporting directly to the Dean, the Director of Finance and Administration manages business and administrative functions on behalf of the School in close collaboration with KU Medical Center's Institutional Finance team.

The successful candidate understands the School of Health Profession priorities and is well versed in complex budgeting strategies and planning, revenue streams, funding mechanisms, financial analysis, and enjoys serving in an advisory role offering suggestions and guidance to senior leaders. The ideal leader is highly collaborative and excels in building and maintaining relationships across the organization.

#### **Required Qualifications**

- Bachelor's degree in Accounting, Finance, Business or equivalent degree
- 5 years of related work experience
- Experience in budgeting, financial analysis, and long-range planning.
- Experience building, supervising, and developing effective teams.
- Advanced knowledge of Microsoft Excel
- Knowledge of GAAP accounting principles
- Experience working with financial management reports, summarize complex information and communicate results to executive management as evidenced by application materials

#### **Preferred Qualifications**

- Masters degree
- Experience using ERP financial/reporting systems to analyze and report data and make informed decisions
- Knowledge of budget planning systems and database applications
- Experience in a large, complex organizational setting
- Global perspective and understanding of funding policies, priorities, and funding requirements

#### Skills

- Excellent attention to detail and organizational skills
- Analytical and demonstrated problem-solving skills, both technically and functionally
- High emotional intelligence and diplomacy with the ability to bring stakeholders with diverse goals/objectives/perspectives to consensus
- Ability to work strategically and foster a collaborative atmosphere

#### For further details, click here.

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If you are interested in becoming a Board Member, please do not hesitate to reach out to IMAKCchapter@gmail.com. We are always excited to share details and expand our team!

#### IMA offers certifications for every stage of your career journey



Demonstrate your proficiency in the fundamentals of financial and managerial accounting.

Validate your mastery of a comprehensive body of knowledge in accounting and financial management.

Expand your strategic planning skills and enhance your analytical ability.

**Compare Certifications**