

Global Gazette

The latest news, updates, and announcements

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Good deed of the day:

Send a motivating message to someone in your life to show someone cares about them and sees how hard they are working



December: Universal Month for Human Rights

December is a month dedicated to the work done for human rights and honors the establishment of the Universal Declaration of Human Rights in 1948 by the UN. This year, the UN is focusing on the theme of equality with the mantra "All Human, All Equal." Climate change is at the forefront of the UN's mind with actions being taken towards their 2030 Sustainable Agenda. Working towards a sustainable environment and society can only be achieved with equal opportunity and access to all. This month Global chose to support the non-profit The Fund for Global Human Rights. The initiative that our donation supports is their Legal Empowerment Fund. An estimated 5.1 billion people are being failed by the justice system. This fund helps provide grassroots justice groups with renewable and long-term core funding, space for experimentation, and access to a global network of donors, advocates, and allies. These groups are all working to help people neglected by the law to secure its protection. This fund helps groups build collective power and agency for excluded communities including women, Indigenous peoples, and children. They enhance access to justice, catalyze positive changes in laws and policies, and push forward systemic change.



Ways to Wellness: Managing the EOY/Holiday Stress

This month our Ways to Wellness Workshop hosted by Isabella Villa Bahamón, AM, LSW focused on managing our end-of-year and holiday stress. As we are wrapping up our professional year and with the busy holiday season, this can be both a happy and stressful time for us.

Stress is a normal part of life and our bodies are built to handle stress. However, when stress wears on us continuously without letting up, our bodies give us information that we need to slow down. Isabella educated us on all the ways stress can have physical impacts on us and how to keep an eye out for the symptoms of stress during this time.

This session focused on mindset shifts as a way of coping with stress. Here are the 4 mindset shifts we can use to cope with stress.

1. **Accepting imperfect**- Shifting our mindset from this needs to be perfect to it's okay if it's not perfect. Imperfect is healthy and normal and doesn't mean that we are not good enough.
2. **Remember the bigger picture**- When you find yourself overwhelmed, ask yourself- where does this fit in the grand scheme of things? Even if this moment is stressful, will this matter in a few weeks, 6 months, or even a year?
3. **Stay connected**- It's extremely common to disconnect from others when stressed, this often comes from a place of shame or not wanting to burden others, but the opposite is so important. The people close to us offer a safe place to vent, a sympathetic ear, supportive companionship, and perspective on what's really important.
4. **Responding with Kindness**- We can't change how others act during stressful situations, but we can change how we respond. Thinking of the situation from the other person's point of view can help us soften our frustration and not take things so personally when we choose to respond to them.

Global's Newest Additions

Global is excited to announce that we have added some new faces to the Global family. After an extensive hiring process, we have found the experienced additional support for our team we had been looking for.

Lee Bauer joins us in the Export Support position and Cathy Orsi has joined in the Operations Support role. These roles are going to be vital for the continued success of both the export and domestic sales teams. Checkout our social media accounts and the Global Spotlight below to learn more about the new members of our team!

Global Spotlight: Lee Bauer

Global is excited to share one of our newest additions to the team, Lee Bauer. Lee joined us this December in the Export Support position and will be working closely with our export sales team.

Lee is a wonderful addition to our Global family coming to us from Gilette Pepsi, a family-owned distributor of Pepsi-Cola. His previous work merchandising and working closely with his customers on-site gives him a great experience to build off of as he grows with Global. We are glad to have him working side by side during his training with Taylor Bordelon, one of our Export Territory Sales Managers located in Minnesota.

Lee grew up as the oldest of a big family in the small town of Lyle, Minnesota. He moved nearby to Austin, MN with his wife and has spent the last 3 months welcoming his new baby into the world. Lee is passionate about growing and becoming better every day. He is dedicated to learning how to become a better husband, a better father, and a better person each day.

Growing up, Lee always wanted to be a police officer. He attended Riverland Community College where he took a variety of classes including some in Law Enforcement and Elementary Education. He got to experience multiple officer training programs where he learned a variety of de-escalation techniques and police procedures for house calls. Lee has always had a passion for baseball, softball, and working with kids. Before the pandemic, he worked in his hometown school and coached their baseball, softball, and basketball teams.

In his free time, Lee continues his love of sports by competing on a softball team in the Spring/Summer season. He and Taylor are looking for their next winning team for the upcoming season. When he's not hitting home runs, Lee enjoys camping and spending time outdoors with his family and friends.



"I am super excited to join the team. This is going to be a great opportunity to learn about this industry and grow in this field. I am looking forward to collaborating with the sales team and I am very excited for all the opportunities that are to come."

Fun Facts

- If Lee could be any animal he would choose a Lion because they are fierce and known for their leadership.
- Lee spent a few years working as a personal care assistant for a child with special needs. His background in Elementary Education allowed him to help with school work and help them to be more active.
- Although he's more of a chicken guy, the best meal he has ever had was an amazing steak from Five West in Rochester, MN.