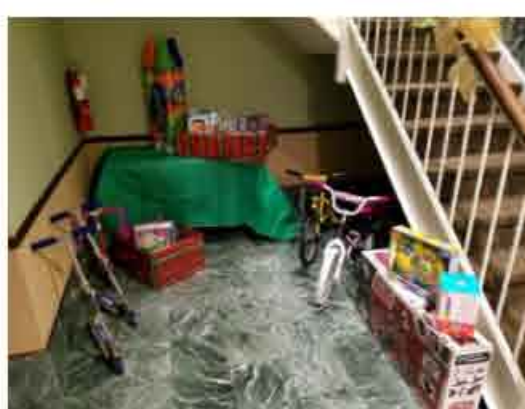




TeamPAR hosted an open house on December 6th to celebrate our 25th Anniversary in business and to showcase our newly renovated office space and library. The Fork in the Road food truck was a delicious hit! [Check them out.](#)

Come visit TeamPAR in 2018 and let's pick finishes and plan upgrades to enhance your professional environment. Your co-workers will be more productive and feel appreciated as you help to define your corporate culture. Turn that underutilized conference room or over-sized closet into a Wellness Room, Relaxation Room, Exercise Room, Game Room or Innovation Room. You name it and TeamPAR can make it happen. Let's get creative, together!



### The "IT" Color for 2018!



#### Introducing Ultra Violet Pantone 18-3838

A dramatically provocative and thoughtful purple shade, Pantone 18-3838 Ultra Violet communicates originality, ingenuity, and visionary thinking that points towards the future.

[EXPLORE ULTRA VIOLET](#)

[ADD PANTONE ULTRA VIOLET TO YOUR DESIGNER TOOL KIT OR YOUR LIFESTYLE](#)

### TeamPAR's 17th Annual Toy Drive: RECAP

The Selfless Elves hit it out of the park! Collectively, we helped 447 children from 207 families believe that 2018 is going to be brighter as they enjoyed the spirit of the holidays. (That's 26 more families and 56 more children than we served in 2016!) WOW, that is something to be proud of and feel good about!

[Check out ALL of the companies and organizations that made it happen!](#)

### Customized Design - How can TeamPAR add value to your facility?



Every company, organization, school, senior living facility or medical space has its own unique needs. More importantly, each entity has its own internal culture. "Cookie Cutter" interior design solutions implemented without understanding the unique needs of each enterprise will fall flat, but by employing TeamPAR to add value to your space you will achieve many things.

[Learn More](#)



### Karen's Corner

**Happiness.** Such a simple, harmless word but it yields so much power in our thoughts and well-being. Recently I listened to happiness expert, [Shawn Achor](#), speak. He was the Keynote at [WPO's 20th Anniversary Celebration](#). He spoke for nearly 90 minutes and I wish to share 3 pearls of wisdom that I found impactful....

1. Happiness leads to success.
2. Happiness is a choice. (It is not just up to our genes and environment.)
3. Pleasure is short lived, but happiness is the joy you feel moving towards your potential.

I have chosen to start the year with a focus on **Gratitude**. Many people focus on what they don't have instead of what they do have. We are blessed with warm homes, employment, our eye sight and sense of taste. We can hear laughter and enjoy the colors of leaves changing and appreciate the beauty of fresh fallen snow. We are breathing and can choose to start the day with the freedoms not everyone on this planet was born with. Gratitude is "fuel" to bring us joy and realistic optimism that will lead to happiness.

**Shawn Achor** suggested that we write down 3 things daily that were positive to embed these good experiences into our memory. He also recommends trying a happiness exercise. This exercise when done for 21 consecutive days can become a positive habit and bring happiness.

**Exercise:** every day for 21 days.... Reach out for 1 person daily with a two-minute text or email and tell that person why you think they are great. Positive feedback is powerful.

Social connections are the top cortile in our realm of happiness. Happiness increases our creativity and helps us live longer. Choose the glass half full... What do you have to lose?

Check out this 12 minute [Ted Talk](#) from **Shawn Achor** — both funny and impactful!

Wishing you a new year filled with happiness.

**We wish you a very happy, healthy and successful new year!**

