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## know your Neighbor

### Donna Scimia Pleasantville

By Sam Barron

Pleasantville resident Donna Scimia is the town's newest hit television personality. Scimia has her own talk show on PCTV, "Taming the Cubicle Jungle: Workplace Discussions That Make a Difference," a program designed to provide solutions for some of those workplace challenges that many of us encounter from time to time.

Scimia, who earned a master's degree in behavioral psychology from Columbia University, runs her own business, Scimia Consulting, that assists businesses in making the office more productive and harmonious.

"There a lot of things that don't come to the forefront at the workplace," Scimia said. "Sometimes people aren't aware of issues, even human resources professionals. I put the show together based on the experiences that I have had as a consultant."

Scimia covers issues like incorporating feng shui, sticky workplace situations, conflicts between co-workers, teambuilding and how to improve sales.

"We cover all these kinds of topics that people deal with on a regular basis but don't always have the opportunity to address," Scimia said. "That's what I do."

Scimia uses a healthy dose of humor as well as addressing topics that people often ignore, like having adult attention deficit disorder. That episode turned out to be one

of her most viewed shows.

"It's an issue that many people are embarrassed to talk about it," Scimia said. "I want to shed light on those issues."

Scimia said she'd like viewers to tune in and receive information in a nonthreatening manner so they can understand what goes on in the workplace.

For the past 18 years, Scimia has worked to improve conditions in offices and the interaction among employees. She decided to share her experience with a wider audience when she realized how little information was available. Among her goals is to counsel workers how to go above and beyond what is expected of them, how to remain visible and to prevent from getting downsized.

"People didn't have the information at their fingertips," Scimia said. "They didn't know how to find it. HR people would call me and would say we have a situation, we have a problem. It's something that everyone is quiet about. It was always on my mind."

Scimia isn't afraid to discuss topics that might be unusual or quirky, having recently completed a show on taking your dog to work. She said a vast array of issues arise at the workplace, especially since it's where people spend the most time.

"Conflicts arise, so it builds, builds and builds," Scimia said. "People try to sabotage



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each other's work and there's a lot of backstabbing. At a time like this it's even worse. People are afraid and there's a lot of fear. It's not always going to be a productive workplace."

Many workplaces don't handle conflict well, which is when Scimia gets called into action.

"People consider conflict to be a dirty word, they don't address it," she said. "Conflict is human nature. Conflicts can be used to make tremendous changes in the organization. Organizations often deny prob-

lems and don't deal with conflict until it's too late. People shy away from that, it's like it's an embarrassment. I'm delighted when companies say they need to tighten up and work as a team."

Scimia also assists with training, management coaching and organizational consulting. While she's her own boss, when working with others, Scimia does try to follow her own advice.

Outside of Pleasantville, Scimia's show can be seen by logging on to [www.pctv76.org](http://www.pctv76.org).

## Local Youth Theater Auditions Scheduled

Act Now Musical Youth Theater auditions for ages four years old to adult for the 2009-10 season in Pleasantville, Chappaqua and Briarcliff for Beauty and the Beast, Peter Pan, The Secret Garden, The Best Christmas Pageant Ever, The Wizard of Oz and Rogers and Hammerstein's

Cinderella. Act Now is a community non-profit youth theater. No experience is necessary for children. We are also holding free workshops for children on musical theater. For more information about the auditions and workshops call 914-286-7422.



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