

**A
VISIONARY
APPROACH
INDERJIT SINGH**

**NOBLE PRIZE
NOMINEE**

**SIR PROF.
DR. MILAN KRAJNC**

**THE
EXPRESSION
OF ART
PROF. OLGA MROZ**

**HER EXCELLENCY
PROF. AMEENAH GURIB-FAKIM**

**FIRST FEMALE PRESIDENT OF
REPUBLIC OF MAURITIUS**

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"We are where we are today due to yesterday's choices. Today is an opportunity to choose wisely."

ANITA DUCKWORTH-BRADSHAW



PUBLISHER'S NOTE

Lady Anita Duckworth-Bradshaw Powerhouse Global Brand Propagator



"You owe it to yourself to take action on the dreams and ideas that you have been given."

- Anita Duckworth-Bradshaw

November 2020 we gave birth to this publication, and we set out to build a global presence. Powerhouse Global Stars highlights the brilliance of Entrepreneurs and leaders from around the globe. We are proud to feature the First Female President of Republic of Mauritius in this edition, and some of global leaders who are making positive contribution to the world. Our mission still remains to create global visibility opportunities for others.

We know that the virtual world has taken over how we do business, but it still serves the purpose of our mission. We would not have gotten here without your support - Thank you.. As this is a quarterly publication, we hope that you and your contacts would take advantage of the opportunity that we offer by investing in our services. We have made it very affordable to advertise your business in our publication. Please get in touch so that we can also promote your business.

Happy New Year!

Lady Anita Duckworth-Bradshaw



Powerhouse Global Stars



POWERHOUSE GLOBAL STARS
EXCLUSIVE INTERVIEW WITH
HER EXCELLENCY
PROF. AMEENAH GURIB-FAKIM (PAGF)
First Female President Of Republic of Mauritius

PGS: Your Excellency, we are grateful to have you on today's interview.

PAGF: I would like to thank PowerHouse Global Stars Magazine for this opportunity!

PGS: Your Excellency, you are one of the role models of our time, and you have made significant progress in sharing wisdom and practical knowledge through your speaking engagements. As a woman who has held one of the top Jobs in the world, what is your message for women who are in the valley of decision on matters of leadership positions? I mean those who Practice 'self sabotage' because of the fear of rejection.

PAGF: I must admit that I have had an eclectic career driven mainly by my passion for science

and also the appetite for taking risks. The latter has been possible as since a tender age, my family has always told me that I was capable of doing anything!.. The last message is what I now say to young girls. Yes, they are capable of achieving anything if they have their families, especially their fathers, brothers, uncles as their cheerleaders. The other value they have to adopt is risk taking. Taking risk is not something that is taught in business school. Taking risks stems from one's self-confidence .. again emanating from childhood self-confidence and wanting to do something off the beaten track and to leave behind a legacy.

PGS: In your capacity as a global influencer, what are the steps to good governance?

PAGF: Good governance is equated to right to

vote, transparency in decision making etc.. To me personally, good governance transcends just voting as a democratic exercise. It must be equated to access to education, health care, social safety net and participatory governance, trust in institution, where accountability matters and where the rule of law is not a vain word.

PGS: In our new normal (Post covid-19) where individuals and businesses are struggling to cope with the devastating effects of the pandemic, what are ways to mitigate the impact of this global crisis?

PAGF: Covid has amplified the divide between the have and the have nots not just locally but also internationally. At the local level, those who could afford to buy their own food and other resources hoarded and left the vulnerable section of the population high and dry. Internationally, rich countries gave out trillions of dollars of stimulus package and still expected the poorer countries to return their loan/debt figured in a few billions. Sharing in the wider sense of

the word becomes relevant here. Also women have been hugely impacted for operating mainly in the informal sector and cannot access funds coming from government. Covid provided an excellent opportunity for reform, for bridging that gap between the have and the havenots, for ensuring that those operating in the informal sectors keep their business afloat and promote entrepreneurship so that young people can help create jobs. A crisis has been often been described as an 'opportunity not to be wasted'!

PGS: What is your message for world leaders?

PAGF: This crisis can act as a spring board to address many issues.. to reduce inequality, promote social safety net so that those who are vulnerable access food at the very least. Let us use this crisis to address the common good. There is plenty in this world for everyone's need but not for everyone's greed.

PGS: What could be done to bridge the gap between leaders and those they serve?

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This crisis can act as a spring board to address many issues.. to reduce inequality, promote social safety net so that those who are vulnerable access food at the very least. Let us use this crisis to address the common good. There is plenty in this world for everyone's need but not for everyone's greed.

PAGF: The culture of listening, showing compassion and addressing one's mistakes are key. Personally, I feel this is where many leaders fail. On a positive point, this is where female leadership has been different over the covid era.. their compassion, their communication, empathy and their belief in institution and in the science have made all the difference.

PGS: What are the three books that changed your life?

PAGF: I enjoy reading biographies, history. I really enjoy the works of Niall

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Ferguson's Civilizations, Robert Kaplan's Monsoon; Acemoglu's Why nations fail.

PGS: What would you say are the key principles to staying valuable in the marketplace - Especially in the times that we are living?

PAGF: One has to have an open mind, be critical in our thinking, learn, reskill and innovate in whatever we are trying to do to remain relevant in this fast-changing world.

PGS: If you knew what you know now, what would you do differently?



PAGF: I don't have any regrets. If I were to start all over, I would do more of the same!

PGS: Finally, what is your message for our youth?

PAGF: Dream big, take risks but more importantly enjoy what you do. Make your work become your passion.

PGS: Ma, we are grateful for your time. Thank you for honouring our invitation to participate in our publication. Please share links with us.

PAGF: All my social media account are at: @aguribfakim. My webpage is: www.aguribfakim.org

TURN OVER A NEW LEAF.....

...A VISIONARY APPROACH

*...you can't start the next chapter of your life if you keep on re-reading the last one...
asserts Inderjit Singh, an ICAO consultant and a scholar in social sciences...*

— BY **INDERJIT SINGH**



The allusion to “turn over a new leaf” and starting over afresh has been used since the 16th century. This idiom in its original context was used to, turning to a new blank page of a book. The “leaf” in this phrase does not refer to the leaf on a tree, but rather the pages in a book. Even though it has not always meant “change for the better” it has always meant that you are starting over. When you turn to a new, clean page you are leaving the past behind you and starting over.

This expression could not have been more appropriate than in the current times. This metaphor “turn over a new leaf” however, in the present context and in this write-up refers to an attitudinal change, a new life-cycle and/or a new system of life, leaving the past behind - with

lessons-learnt intact on the hind side, reforming, realigning and embarking over a new journey towards performance, progress, productivity, and prosperity – leading to a robust world economic order and wellness of the planet.

THE “UNPRECEDENTED 2020” - A REALITY CHECK:

What a year it has been! Last year showed us the world as an extremely challenging and unpredictable place. What words would you chose to best sum up 2020? The pandemic has shaken the world as never before. With terms such as quarantine, social distancing, online learning, remote work, and zoom parties, it seems like our everyday lexicon will forever be changed by the words and phrases that have



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Moving into the year 2021 – the year of “hope”; is the time for both, an introspection and a reality check, to make a new start, alter our behavior and attitude in a positive way, to change track, make course-corrections, to rethink, to remodel, and to have second thoughts on “change for the better”- literally “turn over a new leaf”.

permeated our conversations in 2020. So, which words really describe this past year? Perhaps bizarre, uncommon or unrivaled? Describing 2020 in just a word or two seems like a daunting task. To my mind, “unprecedented” is one way to describe this wacky year. There’s no question the word has been in heavy rotation - it’s been used so much over the social media that we never, ever want to hear again. Decades of research in psychology, on topics including hardiness, learned helplessness, coping, and the correlation between

cognitive style and health, confirms that each of us has a distinct, consistent pattern of thinking about life’s twists and turns - a pattern of which most of us are largely unaware. It may be a subconscious reflex to look backward from traumatic incidents to explain what just happened. Such analysis can be useful, certainly - but only up to the point where strong negative emotions start to prevent our moving on.

HOPEFUL YEAR 2021:

Moving into the year 2021 –

the year of “hope”; is the time for both, an introspection and a reality check, to make a new start, alter our behavior and attitude in a positive way, to change track, make course-corrections, to rethink, to remodel, and to have second thoughts on “change for the better”- literally “turn over a new leaf”. Whatever be the

hope



Psychological resilience is the capacity to respond quickly and constructively to crises. But resilience can be hard to muster for many reasons: fear, anger, and confusion can paralyze us after a severe setback. Assigning blame rather than generating solutions is an all-too-human tendency.

initial reaction, however, the challenge is to turn a negative experience into a productive one - that is, to counter adversity with resilience. Psychological resilience is the capacity to respond quickly and constructively to crises. But resilience can be hard to muster for many reasons: fear, anger, and confusion can paralyze us after a severe setback. Assigning blame rather than generating solutions is an all-too-human tendency. Worse yet, those to whom we turn for counsel may offer us exactly the wrong kind of advice. Here



comes the role of leadership.

What is clear is that leadership is no longer a “nice” to have for organizations aspiring to be high performing; it is a “need” to have.

EPIDEMIC - PANDEMIC - ENDEMIC - DISEASE “X”: DECODED

Will we see another pandemic in 2021? Scientists warn of Disease X. “X” stands for

unexpected, explained Dr Anthony Fauci, director of the US National Institute of Allergy and Infectious Diseases. WHO too said that it “acknowledges that a serious international epidemic could be caused by a pathogen currently unknown to cause human disease? But for now, disease X remains a hypothetical outbreak that scientists fear could lead to serious disease around the world if and when it occurs.

An epidemic occurs when a disease is spreading through one or more populations. Pandemics are worldwide epidemics. Under certain circumstances, a pandemic can lead to a disease becoming endemic - one that is constantly present in a group or in a geographic area. Endemic is currently the evolving crisis. According to media report, doctors have stumbled upon some cases wherein the patient (s) showed symptoms of hemorrhagic fever but tested negative for a range of tests making scientists nervous about the spread of a new deadlier virus. “We are now in a world where new pathogens will come out,” said Professor

Jean-Jacques Muyembe Tamfum, who helped discover the Ebola virus in 1976, adding, “And that’s what constitutes a threat for humanity.”

FOREWARNED IS FOREARMED:

If you know about something beforehand, you can prepare for it. Advance knowledge enables advance preparation. World Health Organization’s (WHO) chief Tedros Adhanom Ghebreyesus had earlier warned that COVID-19 won’t be the last pandemic. “History tells us that this will not be the last pandemic, and epidemics are a fact of life,” said Tedros. We have all heard about Spanish Flu (H1N1), SARS, MERS, EBOLA and the likes in the past, and the current pandemic is just an advanced version in the line - though more lethal. Probably, the world did not take the earlier viruses as a clarion call and act to get into the finer details to check if a variant of it would reoccur – perhaps, “let’s cross that bridge when we come to it,” syndrome!

Head of WHO emergencies



An epidemic occurs when a disease is spreading through one or more populations. Pandemics are worldwide epidemics. Under certain circumstances, a pandemic can lead to a disease becoming endemic - one that is constantly present in a group or in a geographic area.

program Dr Mike Ryan in his final media briefing for 2020 has observed that the destiny of the coronavirus to become endemic is real. ‘COVID-19 is not necessarily the big one, next pandemic may be severe,’ he warned. He added that this is a wake-up call and that we are still learning to do things better including science, logistics, training and governance.

DEALING WITH ADVERSITY:

An adversity has reportedly

surfaced with a new variant of SARS-CoV-2, the virus which causes COVID-19, is thought to be driving increased transmission of the disease in parts of the UK. When the world was just about taking a sigh of relief on the emergence of vaccine; a shot-in-the-arm; literally; this came as a setback to be dealt with on war-footing. Harsh, as much it may sound, we have to take cognizance of the emerging situation and as leaders, put our best foot forward to fight it out - as has been done in producing the vaccine through global cooperation.

How to Bounce Back from Adversity? So, how do we react? Are we angry and disappointed, ranting and raving to anyone who will listen? Do we feel dejected and victimized, resigned to the situation even as we deny the cold reality of it? Or do we experience a rush of excitement—perhaps tinged with fear - because we sense an opportunity to develop our skills and talents in ways we never imagined? The truth is, we've probably reacted in all those ways when confronted with a challenge - maybe

even cycling through multiple emotional states in the course of dealing with one really big mess.

FUTURE-READY LEADERS:

It is my strong conviction that the leaders can build high levels of resilience in themselves and their teams by taking charge of how they think about adversity. Resilient leaders move quickly from analysis to a plan of action and reaction. After the onset of adversity, they shift from cause-oriented thinking to response-oriented thinking, and their focus is strictly; looking forward. In our work as leaders in a variety of industries, we've predominantly encountered situations related to Control, Impact, Breadth, and Duration to evolve effective solutions. The first two characterize an individual's personal reaction to adversity, and the second two capture his or her impressions of the adversity's magnitude. Leaders should consider all four to fully understand their instinctive responses to personal and professional challenges, setbacks, or failures. When we focus on problems,

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Let us face it, the destiny of Covid-19 is to become endemic, as have four other human coronaviruses in the past, and that it will continue to mutate as it reproduces in human cells, especially in areas of more intense admission. Fortunately, we have tools to save lives, and these in combination with good public health will permit us to learn to live with it.**

we get more problems.

However, when we focus on possibilities, we will have more opportunities.

MY TAKE:

We live in an increasingly complex global society. These threats will continue. If there is one thing we need to take from this pandemic and move forward, with all of the tragedy and loss, is we need to get our act together. We need to honor

those we've lost by getting better at what we do every day. New ground has been broken with the extraordinary cooperation between the private and public sector in this pandemic. In recent weeks, safe and effective vaccine rollout has started in a number of countries, which is an incredible scientific achievement. This is fantastic, but the world leaders will not rest until those in need everywhere have access to the new vaccines and are protected.

Let us face it, the destiny of Covid-19 is to become endemic, as have four other human

coronaviruses in the past, and that it will continue to mutate as it reproduces in human cells, especially in areas of more intense admission. Fortunately, we have tools to save lives, and these in combination with good public health will permit us to learn to live with it. It will remain somewhat of a threat but a very low-level one at that, depending on an effective global vaccination program. The first goal of the vaccine is to save lives and protect the vulnerable.

However, vaccination does not mean stopping public health measures such as

social distancing, wearing of masks, and the basic hygiene requirements.

To me; true to the spirit of "turn over a new leaf", one doesn't have to be great at something to start, but one has to start to be great at something.

Readers are welcome to respond via inderjit.singh@aviationanalyst.net

POWERHOUSE GLOBAL STARS

INTERVIEW WITH

HELEN MARIA TUCKER (HMT)

PGS: Helen, great to have you on today's interview with Lady Anita.

HMT: Thank you, it's a pleasure to share my story, and having such a positive platform as this one to do so is fantastic.

PGS: Please introduce yourself to our readers.

HMT: I am a person who is future focused, I am driven by having a strong sense of self-meaning, an expert in career management and a catalyst for women's development. I have always had a passion for women and young girls' progress especially encouraging them to find their voice. So, my purpose has been to create award winning programs, courses and seminars that help them consider other options in life, and taking control of their career, lives, and business. On a personal level I have three adult children and four grandchildren, living in the UK



and Dubai. My parents are from West Africa, Sierra Leone, my grandfather being a ship engineer settled in Liverpool because it was the port he was familiar with whenever he travelled. When my mother came to the UK to pursue her nursing career she settled in Liverpool, met my father where my twin sister I were born. I have a younger brother and younger sister. Growing up in the north of England (Liverpool)

was very challenging, we went through trying times, and we experienced high levels of racial discrimination, lack of jobs, and for a young girl growing up I guess I had to develop a strong sense of self belief and identity. This has shaped my career and helped me to develop strong leadership skills.

PGS: Considering the global challenge which the world is facing due to the pandemic;



what are some of the steps needed to lead a successful team?

HMT: Throughout my working life, I have managed many forms of teams, small, large, and culturally diverse teams. When leading a group of people with very different work ethics and untapped talents you need to be the type of person who practices what they preach. If you are expecting your team to be high performers, then you must lead by example. Having a winning and 'can do' attitude is key to motivating your team. As a leader it's recognising that it is a privilege and not a right – it needs to be worked at and trust earned. Having clear goals is a must, being visible, and having charisma, because winning the hearts and minds of your people means being inspirational, engaging and knowing what makes your people tick. In

today's challenging world and especially during this pandemic, leaders also need to be held accountable for their commitments.

At the end of the day when it comes to leading a team helping them to become successful or maintaining their success in the middle of a pandemic, it's all about taking into account their specific personal needs, mental health, how well they can adapt to an ongoing changing environment, this could be setting up accountability sessions, career conversations etc. In the end it's how you treat your people that will catapult you and everyone in your organization or network to achieve more, defying the odds!

PGS: What are your views on Gender Equality?

HMT: I'm a great advocate of

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Throughout my working life, I have managed many forms of teams, small, large, and culturally diverse teams. When leading a group of people with very different work ethics and untapped talents you need to be the type of person who practices what they preach.

gender equality I truly believe that as women we have so much to offer, however may not recognise what we do have, so it's often the case we find ourselves in positions where we take less than what we deserve. This is where some of my programs have helped women find their voice (assertiveness skills, confidence building workshops, leadership and management) to understand their worth and ask for what they deserve. It's also essential to achieve equal opportunities to access jobs that are not in the repertoire of options for



Women Talk has been making significant positive impact on women in various countries, and we are increasingly receiving amazing stories of how our monthly events, retreats, chapbooks, coaching sessions and more recently our accountability sessions, have inspired women to share their stories and take control of their lives, business, and careers.

women and to create positions of leadership and decision-making at all levels. This is where women can bring a greater sense of creativity and wider perspective of business decisions building positive relationships across major, global organisations. Being the founder of Women Talk I'm dedicated to the promotion of gender equality and the empowerment of women.

PGS: Please tell us about your organisation (Women Talk).

HMT: I am so pleased to be introducing you to Women Talk, a network of women which spans across three continents, Europe, Asia and Africa supporting and promoting issues that matter most to women. This includes health, mentorship, entrepreneurship, work/life balance, personal branding, confidence building, management/leadership and career development. Our aim is simple, to help women feel positive and confident by encouraging them to reach goals and recognise their strengths.

Women Talk has been making significant positive impact on women in various countries, and we are increasingly receiving amazing stories of how our monthly events, retreats, chapbooks, coaching sessions and more recently our accountability sessions, have inspired women to share their stories and take control of their lives, business, and careers. Our successful Women Talk Chap books has grown out of something more than what the group intended, demonstrating, and showing us that everyone just needs to be listened to,

share, and be acknowledged. We promote talent and have supported women who have published books, poetry, and helped women to develop entrepreneurial skills to start their own businesses.

Women Talk UK is a Community Interest Company, a legal entity operating as a not-for-profit organisation. We scooped the UK Bedfordshire and Luton Community Champion Award in 2014 and were the runners up to UK Luton's Best Community Achievement Award 2017 organisation. In 2020 we have gained our IPO Certificate giving us the Trademark Certification needed to protect the Women Talk™ brand. Women Talk UAE has organically grown to over 3,000 members and followers on social media since March 2019. Throughout the pandemic women have been receiving a succession of daily motivational quotes sent out by myself reaching out to women who have faced so many battles, challenges, loss, increased mental health issues, and domestic abuse to help give them some hope that things will and does get better.

Women have gained invaluable insights to themselves by attending organised MeetUp events face to face and more recently via zoom, with guest speakers from around the world equipping them with the tools to achieve their goals. As part of our ethos to share we have collaborated with other organisations to deliver face to face and more recently virtual retreats.

My series of Podcasts interviews also gives a voice for women to share and be heard, allowing other women to know that they are not alone. From the latest series of Women Talk Chapbooks we have women from across the world who have dared to share their stories published as an E-Book. Women need to recognise their own inner power and tenacity that lies within them when they give themselves permission to do so, however sometimes it takes a network to remind them that they can.

PGS: There are lots of distractions in our world today due to 'information overload'. In your capacity as a leader, what are the top three tips to staying focus on one's goals?



HMT: I would say;

1 – Start with Small Goals or Tasks - get into a habit of achieving them, once you do then start working on bigger goals and tasks, you will soon find it becomes a daily habit.
2 - Know What Motivates You - music, your faith, positive words, or affirmations, podcasts. In today's society we face so much negativity it can be easy to lose sight of what you want to achieve and become stagnant.

3 – Reward Yourself - take time out to be still, to reflect and refocus and reward yourself, when we do our sense of self belief increases and we become a lot more centred.

PGS: Please tell us about your work in the Middle East.

HMT: Living and working in the UAE is an amazing time to showcase what Women Talk is all about. I was recently awarded the GCC "Women of

Wonder (WOW) I Conquer” Dubai Award 2020 in recognition of actions, conduct, diligence and determination to strive for excellence despite and during Covid 19. This has given us the opportunity to expand our services to a much wider audience reaching more women globally. We are also so pleased to be working in partnership with other recipients of the award to deliver business breakfast meetings, to network and increase their self-worth, be motivated and inspired to change their circumstances, and to help them unleash their wealth of experience and latent talents. We have helped women start their own businesses, change careers, get promoted, create courses, enrol on courses and take control of their lives, careers and business.

We are working with The Retreat Hotel, The Palm to deliver Work-Life Balance & Self Care Retreats for women as we also believe that taking care of our minds and emotional state as well and physical being is paramount to becoming the best versions of

who we are as women. Over the last few years, I am proud to share the successes and the positive changes the women have undergone and recognise that we have been a catalyst for change for them. Women Talk will continue to advocate for women to be Informed, Inspired and Ignited and their right to be much more visible allowing them to have a voice. Women can be strengthened by their struggles and challenges and lessons can be learnt; accomplishments achieved.

PGS: How can leaders promote Diversity and Inclusion in the workplace?

HMT: That’s easy, it’s about making a conscious decision in getting the best from their employees, which means talking to them. I mentioned having career conversations earlier, this has worked successfully in organisations where management has taken time out to understand their diverse workforce. As the CEO of a training company, I headed up in Qatar, we were fortunate to win a major contract with The Mowasalat Transport Company.

This entailed recruiting a diverse team of consultants. The Performance Management Program was a success because we equipped the Mowasalat managers and the board of directors to engage with all staff by organising an Appreciative Inquiry Forum, Career Coaching Sessions, a review of Job Descriptions and team building sessions. Everyone in the organisation had the opportunity to really look through the Values, and Mission Statement of the company and share what it meant to them. The outcome resulted in the managers, board of directors, and CEO gaining so much insight and recognition of the richness of the mosaic of employees they had working for them. They truly appreciated the diversity and had a greater understanding of how they could tap into the wealth of skills and knowledge that was uncovered. Promoting diversity and inclusion is about celebrating and acknowledging the diversity of various work ethics people bring to the company, the variety of languages spoken and how through creative ways of engaging with staff problems

can be solved.

PGS: What are some of the lessons you learned from the year 2020?

HMT: I've learned that living life each day is a blessing! The pandemic affected everyone in a variety of ways, I witnessed loss, friends and colleagues who lost their jobs, others had to move countries, separation. It was and continues to be extremely challenging when planning your life and career goals as they must change due to daily everchanging circumstances outside of our control. However, I did start off by saying living each day has been a blessing and that's because it has given me an opportunity to expand the Women Talk brand connecting women from all over the world via zoom. Our members have shared stories from East, West Africa, to Europe, Asia and UK. Other lessons, I've been much more grateful, humbled and appreciative of family and friends and new acquaintances that have turned into great friendships. Whatever challenges and tough times that have begun and still

will continue I'm motivated and optimistic about life because I know bad times do pass and good times are there to be grateful for and to enjoy!

PGS: What would you say to your younger self?

HMT: I've taken risks and faced challenges throughout my life which has built up my resilience and confidence so there wouldn't be any great talk or revelations. However, one thing I would say is have a little more conviction and faith in yourself, knowing things will turn out ok and if not, there is a lesson to be learnt in what you've gone through, just look a little closer.

PGS: Finally, what is your message for World Leaders?

HMT: To show more consideration to their people as they now must make significant changes in their working lives and adapt to an ever-changing landscape of work, life, and business. To be less focused on achieving set targets and dedicated on how the targets can be achieved by becoming a lot more accommodating and flexible to what people

are going through. People can change and only need to be shown greater appreciation of what they can offer and not feel as though they have been taken advantage of due to the pandemic.

PGS: Thank you so much for sharing your brilliance with us today – Much appreciated.

HMT: It's been a sheer pleasure! May you continue to encourage and support leaders around the world so we can continue to live and leave our legacy.

PGS: Please share your links with us.

HMT: I would be happy to receive enquiries so please do get in touch
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POWERHOUSE GLOBAL STARS

INTERVIEW WITH

PROF. OLGA MROZ (POM)

PGS: Prof. Olga, you are welcome to today's interview with Lady Anita.

POM: I am really happy to have the dialogue with the incredible Lady Anita. When I got the invitation to interview at the end of the year, I thought, "Wow, what a lovely end of the year!" When I found out that the interview would be published in January, I thought, "Wow, what a great start of the year!" I would like to thank Lady Anita for this "WOW". It is a privilege for me, an honor, also an acknowledgement. It is a sign that in times of upheaval and awakening my path is right.

PGS: Please introduce yourself to our readers.

POM: My name is Olga Mroz. I was born in Russia and have been living in Germany since 1992. In regards to my educational background, I graduated from the Institute of Performing Art in St.

Petersburg with a degree in Architecture, Art and also Theatre and Music. I also have a degree in Artist Psychology by the Art Academy of Moscow. During more than 15 years I have been a director of the Operetta Theater in Saratov, Russia. After Perestroika, I had my own art gallery in the Pushkin Museum. I used to be a representative of many Russian artists in Europe for many years and now I dedicated myself to the management of various art projects and the organization of art exhibitions in cooperation with international artists in Europe. I build my cooperation with the artists on the basis of trust. I am convinced, that above all, the focus should be on the artist and his works. I wrote many articles on art as the expression of freedom, experiment and surprise with a psychological components of happiness. I am Professor and Director of the Open World Program at Al-Khalifa Business School, Editor-in-Chief of the

AKBS Art Journal.

PGS: As a woman in authority, what are the major keys to leading a successful team considering the 'New Normal' due to Covid-19?

POM: The present pandemic is a global problem. We will never go back to our previous mode of life. But pandemic put our every-day life on hold and gave us time. It gave us opportunity to think about what we are capable of in the unknown and extreme situation. We are lucky that the pandemic happened in the technological age. Despite all the difficulties, together we were able to adapt to the current realities, continue and conduct events in new interactive hybrid forms. Today, I am a Professor, director of Open World Program of the Al-Khalifa Business School. I am very proud, that I am a part of the global multilingual, successful team. This is a business school of future.



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My name is Olga Mroz. I was born in Russia and have been living in Germany since 1992. In regards to my educational background, I graduated from the Institute of Performing Art in St. Petersburg with a degree in Architecture, Art and also Theatre and Music.

For this, I would like to thank my dear friend, Professor, founder and the chairman of the Al-Khalifa Business School H.E. Professor Sir Manuel Freire-Garabal y Nunez. He is young, dynamic and smart. He is continuous process of development and research. His great contribution plays a crucial role in success and sustainable development of the school. His every effort is given to the young generation, to create new learning opportunities, in order to address the new global challenges.

I would like to quote H.E. Prof. Sir Manuel: "Sometimes you meet people which are always inspiring in your pathways, who become more than friends - they become companions of your life. Thanks also to my dearest friend Olga Mroz and my dear friend Sir Anthony Ritossa. ..Thanks for teaching me with your good thoughts one more time too. With friends like all of you, a young seed like me will become a better tree ".

There are two important persons in my life, they are H.E.

Prof. Sir Manuel Freire-Garabal y Nunez and Prof. Sir Anthony Ritossa. I feel much respect and love towards them. They understand and support me very much, their personalities are a source of inspiration for me. I appreciate our friendship a lot! That's what its for me: friendship and good teamwork of different generations have positive effect on growth and development strategy.

PGS: Please tell us about your work with AKBS & Tretjakow-Gallery.

POM: A new year 2021 has come. I am already expecting and looking forward to realizing many new projects. Before I talk about new projects, I would of course like to tell you something about 2020. 2020 was a successful and productive year. With our programs we have to give society an incentive to think, to form its own position, to be active and also to build bridges between different cultures. As chairman of the jury, I was invited to participate in the international art exhibition Face Art-Online. It is very important to me to show people that there is no cultural void even in times of pandemics. Art was particularly hard hit by the Covid-19 crisis. We are in a virtual room in different modes. It's a challenge for all of us. However, we must not forget that art enriches us emotionally and spiritually. I am an ambassador for the peace movement LOVE AND LIGHT FOR WORLD PEACE. With very special Light Art Sculptural installations by the international artist R.O. Schabbach, we carried out the projects to inspire people to choose peace, understanding and compassion

for one another. The AKBS Business School is not only of great importance for business education, but also for training young people to develop a cultural image.

Taking into account the need to develop cultural relations between Russia, Europe and other countries, we are currently working on a concrete plan to exchange the expositions of international art together with Tretjakow-Gallery and are also looking for sponsors for this global and important project. The first step in this project has already been taken. We look forward to online lectures on Russian modern art from the General Director of the Tretjakow-Gallery, Mrs. Zemfira Tregulova. She has prepared very interesting and exciting material for the AKBS.

PGS: What are your views on 'Gender Empowerment'?

POM: I am very pleased that we are discussing women empowerment, one of the most important topics of the society. This topic is really close to my heart. Women make an

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The pandemic has launched its mechanisms into the economy. The weak leave the market, the strong are looking for new forms and ways of their existence. Relations in the market system, labor system, health care, education system, etc. have changed. The pandemic is driving internet activity forward.

enormous contribution to the economy - as entrepreneurs, farm workers, business employees or housekeepers. Today women still do not have equal opportunities in the Labor market, mainly in leadership positions in comparison to men. The Society still has to make a lot of efforts to develop a fair and sustainable economy. In the conference in Frankfurt am Main, I took part as a guest speaker in the panel discussion "Gender empowerment". Balancing economic opportunities between men

and women, equal access for men and women to resources, technologies, information and capital can lead to high economic growth. To the same topic I gave a speech at the world Life Webinar, in which 148 speakers from 47 countries of the world took part. I have certificate from World Book of Records. I started my big career, as the director of the operetta theater and I also have my experience. It was not easy to collaborate with such celebrities as famous actors, conductors and producers, and to implement my decisions. My experience in management proved that by making right decisions and implementing successful innovative ideas, women may play a significant role as an employer, or a leader as well. So my conclusion is that equal economic opportunities between men and women, equal access of both to resources, technologies, information and capital will lead to fair and sustainable economic growth of the country.

PGS: The current global challenge (Covid-19) has been a complete shakeup in the



way we live our lives. As a leader, what are some of the steps that could aid economic recovery?

POM: The pandemic has launched its mechanisms into the economy. The weak leave the market, the strong are looking for new forms and ways of their existence. Relations in the market system, labor system, health care, education system, etc. have changed. The pandemic is driving internet activity forward. The advantage is already with those who quickly switched to digital formats. Al-Khalifa

Business School, where I work, is focused on digital learning with a new approach. Online learning is the future of the education system. A modern educational approach with the basis of traditional education, the possibility of personalized learning, gives the possibilities of each highly qualified workforce. In my opinion, leaders urgently need to revise the established model in all sectors of the economy and introduce new technologies with massive digitalization. It is necessary to support with benefits and subsidies, first of all, those enterprises that

introduce technologies that are important for the state that can help restore the economy.

PGS: You did mention in one of your emails the importance of 'staying in harmony with self'. Please throw some light on the above mentioned statement.

POM: My moto in life is "If you love what you do, you will be successful". Nobody is born a successful person, everyone strives for success, however only few of them achieve it. I want to encourage all women to appreciate, who they are, to be inspired by belief in themselves, to be brave and to confidently go for any leadership position in society. My dear women, in order to achieve successful results in life, first of all, please determine your life goals and continuously improve and enhance your knowledge and skills. Don't be afraid to define your life values, desires, and be in harmony with yourself. Don't leave your family for a career. If you are happy at home, then you will be happy at work. Please appreciate your mistakes. Do not hesitate to show your feelings. Following all above



mentioned, you will become a successful woman. My feelings I express on canvas. Having experienced some events which happened around me and touched my heart, I hasten to capture them on canvas. So my last work was born after my trip to a conference 'ANNIVERSARY GLOBAL FAMILY OFFICE INVESTMENT SUMMIT ' UNDER THE HIGH PATRONAGE OF H.H. SHEIKH SAQER BIN MOHAMED AL QASIMI in Dubai. There I experienced a historic event – two extraordinary nations,

the VAE and Israel, met at this conference. A great story was written: the VAE/ Israel partnership. The great atmosphere and the important event which took place in the beautiful city of Dubai gave me a great inspiration. I enjoyed meeting wonderful people and my dear friends. All of this made me want to transfer my feelings on the canvas. "On the Road to the Sun" is the inspiration for all of us to discover new ways to great success, peace and love! I feel proud and honoured.

During one important meeting I gave a sign of my appreciation by presenting this picture to the esteemed dearest Her Excellency Zakyah Al Qaydi. I wish my picture to be placed in the Museum of Modern Art or even better in Louvre Abu Dhabi.

PGS: What is your message for world leaders?

POM: The pandemic has demonstrated that we are all dependent on each other. For example, market events somewhere in Asia can have an impact on life in Europe. It became very clear and understandable that only by uniting, we have undeniable chances in overcoming the pandemic. We will all be saved or perish together. Our planet is one big family where everyone takes care of everyone. This must be remembered by world leaders.

PGS: Finally, what would you say to your younger self?

POM: My most significant criterion of success is continuous learning. At the beginning, I studied

architecture, then theater history, music and natural sciences. I have never been satisfied with my achievements, I was flexible and open for new ideas and challenges. Today, I am a Professor, a director of the Open World Program at the Al-Khalifa Business School. I want to emphasize again and to tell myself and the younger generation that it is very important not to stand still but to constantly move forward and strive to learn. Learning is a fundamental success factor and plays a crucial role in life of everyone. Education of young people is a success engine of each country. The challenges of our modern world require more and more young professionals. I take this opportunity to call our young generation to be always eager for knowledge. Learn, learn and learn. You are creators of the future. Your future is our future.

PGS: Prof. Olga, thank you once again for this opportunity. We salute you for being a difference maker in the world.

POM: Thank you dear Lady Anita for the invitation. It was a great pleasure for me to take

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The pandemic has demonstrated that we are all dependent on each other. For example, market events somewhere in Asia can have an impact on life in Europe. It became very clear and understandable that only by uniting, we have undeniable chances in overcoming the pandemic.

a look with you from different perspectives on various topics. It is a great honour for me to appear in your renowned magazines.

PGS: Please share your links with our readers.

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 Linkedin: Olga Mroz, Dame of Honour
<https://www.linkedin.com/in/olga-mroz-dame-of-honour-28728419b>
 Instagram: [@olga.mroz.564](https://www.instagram.com/olga.mroz.564)

POWERHOUSE GLOBAL STARS (PGS)
INTERVIEW WITH
**SIR PROF.
DR. MILAN KRAJNC**
(SPDMK)

PGS: You are welcome to today's interview, Sir Prof. Dr. Milan Krajnc.

SPDMK: Thank you very much for inviting me and, above all, for noticing my work.

PGS: Please briefly introduce yourself.

SPDMK: I have been dealing with crisis management for more than twenty years, but I always look for a solution in nature. I ask myself; how nature would solve a given situation and then I approach it according to the laws of physics. Not with resistance though, but with a slow transition so that the people involved do not even realize anything has happened. This is my main business, from which I have also developed a business management model:

I have also developed a business management model: the “Dynamic Leadership Model” and the new scientific science of Dynamilogy. I have also had a private practice as a psychotherapist for more than 15 years. However, my hobby and therapy is writing. Thus, I have written 387 books.

the “Dynamic Leadership Model” and the new scientific science of Dynamilogy.

I have also had a private practice as a psychotherapist for more than 15 years. However, my hobby and therapy is writing. Thus, I have written 387 books.

PGS: As an expert in leadership and relationship development, how can we cultivate and develop more leaders who would put the needs of the people at the forefront of their agenda?



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The basis of leadership is building a relationship. We build a relationship through communication. The leader's job is to figure out what “language” his employees understand and then use a specific communication technique to make the communication effective.

SPDMK: When we talk about my customers, the most important thing is to build trust with them and become their authority to follow me. In general, though, every leader needs to realize that he or she is missing something in life. So if a company wants to have as many good leaders as possible, it has to be a broad social program to educate people to do what they feel. And that the leader is essentially an educator.

PGS: In one of your piece, you stated that; problems appear when communication is absent



or unclear. Please touch more light on the above statement.

SPDMK: The basis of leadership is building a relationship. We build a relationship through communication. The leader's job is to figure out what “language” his employees

understand and then use a specific communication technique to make the communication effective. Think of communication like a flowing stream in nature. As long as everyone gets the information they need, work will be calm and creative and employees will be happy. Everything is

also peaceful and full of life by the stream. If we do not communicate clearly enough with employees, everyone will make up their own mind and thus we cause stress, bad mood, productivity decreases, sick leave increases ... So communication are channels of information that we can communicate our wishes in the simplest possible way.

PGS: Your invaluable experiences has helps a lot of organisations around the world. As a global influencer, what is your view on 'gender equality?'

SPDMK: I am utterly disappointed. By fighting for equal rights for women, you are basically doing wrong. We men are to blame for the whole situation because somewhere in history we got "lazy". We owe it to you women that our civilization still exists at all. Also stay MORE EIGENTLICH!

PGS: How can leaders successfully implement positive change in order to create a better future for all?

SPDMK: By providing balance on all levels of life. They must be pleased with themselves, that is, they must know

themselves well. And then they will lead by example and that is 78% success of leadership, example! Just like raising children!

PGS: You have written over 125 books and over 200 articles which have transformed lives and businesses globally. Please tell us about one of those books (Dynamic Leadership Model).

SPDMK: The current number of books is 387 and more than 1000 items. The book "Dynamic Leadership Model" is the most read next to Successful WE, Happy WE. In the book I described how to approach change in personal and business life in a safe way. I compared the processes in nature, with the processes in business and the processes in private life. I assumed that the processes in nature are always optimal and optimized the business processes in the same way, taking into account the personal touch. So the result was that manipulation is no longer possible, the boundaries between private and business life are clearly separated, the person is in the foreground, no longer the profit of the company, profit becomes a matter of course ... in short,

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the human being develops his potential here. for him it is a matter of course, and labor costs are cut in half. In addition to the theory, everything in the book is illustrated with concrete examples, where they still work according to my model.

PGS: Congratulations on your 'Noble Price Nomination'. What does winning this price mean to you?

SPDMK: Scientists and colleagues at the university where I teach saw the new economy in my work Dynamic Leadership Model. They said the world needs to realize this,



Scientists and colleagues at the university where I teach saw the new economy in my work Dynamic Leadership Model. They said the world needs to realize this, because only a different way of thinking will save us from all crises. And that was the reason I was nominated for the Nobel Prize in Economics 2021.

because only a different way of thinking will save us from all crises. And that was the reason I was nominated for the Nobel Prize in Economics 2021. Just being nominated is a great time! But whether there will be another prize, we will see in December 2021.

PGS: What is your message for World Leaders?

SPDMK: Live what you feel, but first check if those are really your true feelings!

PGS: What would you say to your younger self?



SPDMK: Never, really never stop believing in your dreams!

PGS: I am fascinated by your wealth of knowledge, and I thank you for honouring this invitation.

SPDMK: Thank you, the most important thing is to respect yourself, because then you respect all people! But we must be aware that even if we respect all people, we cannot

always respond to everyone. And others have to respect that too.

PGS: Please share your links with us.

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ABOUT THE PRESENTER...



ROSS SWAN

Ross Swan is a perceptive, responsive, and accessible consultant, coach and trainer, with broad experience in varied industries worldwide.

He works internationally, having presented across the globe from London, New York, Singapore, Sydney, Christchurch, Hong Kong, Chennai and many more.

Ross co-founded Soul-Inspired-Leadership in 2017 to place more of an emphasis on leaders leading from within. Being soul inspired and leading with a purpose is not only important for people in a leadership role but also critical for individuals to be leading themselves through life's journey and not be a reflection of what others want them to be.

POWERHOUSE GLOBAL STARS

INTERVIEW WITH

FALGUNI KATIRA (FK)

PGS: Falguni, you are welcome to today's interview with Lady Anita.

FK: Thank you, Lady Anita. It is a pleasure being here, talking to you and your wonderful audience.

PGS: Please introduce yourself to our readers.

FK: Hello! I'm Falguni Katira, the one who introduces you to your own awesomeness. I help female executives and business owners tap into their inner intelligence to interrupt old habits, access their creative mind, and lead a balanced life and career with radical self-awareness.

I'm a Mindfulness Implementation Strategist, certified Transformation coach, NLP master practitioner and Hypnotherapist. I have founded the V.I.S.I.B.I.L.I.T.Y signature framework with the intent of helping women gain visibility

of their own true self, realize the strength and potential they carry and the precious value they bring to this world.

Please click the link here for my detailed bio

Falguni Katira Bio

PGS: As a Life Coach, what would you suggest to someone who is afraid to step out of their comfort zone?

FK: My approach to tackle fear is head on. I like to work through fear with my clients in a way that makes logical sense while fuelling them emotionally to take action.

So, the process looks like this

1. Determine where you want to be / who you want to be in life.

2. Chart out the gap / reasons that come between where you are and where you want to be.

3. List all the reasons why you want to stick to your comfort zone.

Your limiting beliefs, such as fear, anger, shame, guilt, etc. will surface in your reasoning when you compare your answers for #2 and #3.

4. Next, list every action that you MUST take to be where you want to be, per your best understanding. Thereafter, list all the actions that you are WILLING to take to get there.

5. Start bridging the gap between where you are and where you want to be by taking at least 3 action steps every single day to transmute that negative emotional energy into a positive action item.

6. Work with a coach to uproot these limiting beliefs by Timeline Therapy and emotional healing modalities.

PGS: What are the top three books that changed your life?

FK: Bhagavad Geeta As It Is by Swami Prabhupada
Autobiography of a Yogi by Parmahansa Yogananda



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Hello! I'm Falguni Katira, the one who introduces you to your own awesomeness. I help female executives and business owners tap into their inner intelligence to interrupt old habits, access their creative mind, and lead a balanced life and career with radical self-awareness.

What to Say When You Talk to Your Self by Dr. Shad Helmstetter

PGS: Please tell us more about your business.

FK: I provide personal and business transformation coaching services that enables individuals and organizations to become radically self-aware and lead an extremely straightforward path to success and happiness by tapping into their utmost potential. My signature V.I.S.I.B.I.L.I.T.Y framework is a results oriented,

100% online program designed for leaders to experience significant breakthroughs by shunning all limiting beliefs and embracing confidence to lead the life and career they want. As part of this program, we take a done-with-you approach towards mind set and success coaching in either boot camp (group) setting or 1:1. I provide business hiring and consultation services for organizations utilizing design thinking, YouMap & DISC assessments and several other NLP modalities.

PGS: Would you agree that we need more women in decision making positions?

FK: I absolutely agree with that. While both men and women make great leaders and have their own unique personality traits and strengths, women have an exceptional ability to take a self-reflective, holistic approach in making decisions. Decision making is instilled in a woman's DNA and has been passed on to her through generations. We, as women, have been taking small big decisions across all dimensions

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I absolutely agree with that. While both men and women make great leaders and have their own unique personality traits and strengths, women have an exceptional ability to take a self-reflective, holistic approach in making decisions. Decision making is instilled in a woman's DNA and has been passed on to her through generations.

of life including personal, spiritual, health, family, social, relationships and so on. Therefore bringing that open minded, empathetic approach towards our profession is but natural. The most important aspect in decision making is great listening ability and risk bearing capacity, both of which are part of a woman's persona overall.

PGS: What is your message for World Leaders?

FK: As leaders, it is our



responsibility to build a global community of acceptance, mutual respect, trust and brotherhood amongst one and all, barring any social, economical, cultural biases and so on. For that, it is important to start with ourselves first, and then continue to widen

our circle of influence thereby impacting those around us and eventually the world at large. The current need of the world is for humans to connect with one another, take care of one another and take care of 'their world'. We have to wake up to the need to conserve nature,

protect our oceans, inspire others to lead a fully self-aware life, clearly understanding the impact we, as individuals, can make in this world, if we choose to find and live our soul's purpose.

PGS: How do you create work/life balance in order to become more productive?

FK: I set boundaries. Especially, in today's world, where we are all 'sheltered in place', working from home, studying from home and so on, it becomes important to draw clear boundaries. Some of my measures include 'no phone time' on my calendar, self-care time, spending time with kids, dedicated time to work and so on. We have built a 'family schedule' that sits on our refrigerator where we all have marked our 'availabilities' and know what and when to expect from one another ☺

PGS: If you knew what you know now, what would you do differently?

FK: I'd pay more attention on myself, my mind and develop healthier routines for myself. I'd

be more aware of the impact I can make on my own life and those of others that I touch taking the inside out approach.

PGS: Who would be your ideal launch date, and what would be the topic of discussion?

FK: Assuming you mean lunch date here, I'd love to have lunch with Ellen DeGeneres as I believe she embodies my values to the T. She is full of kindness and spreads joy and laughter, all while making a significant difference in the lives of people she comes across with. We'd talk about her wish list, her view of the world and how she and I are a soul connection.

PGS: Finally, what would you say to your younger self?

FK: I'd advise my younger self to flip my list of negotiables and non-negotiables in life. I remember knowing money and material wealth as the only form of wealth there is. I used to be ok letting go of my family time for work and be ok to ignore health to gain wealth. Not any more ☺

PGS: Thank you for your contribution today. We wish

you every success in your endeavours.

FK: Thank you very much. It was a pleasure talking to you.

PGS: Please share your links with us.

FK: With pleasure

Website: www.falgunikatira.com

LinkedIn: www.linkedin.com/in/falgunikatira

Instagram: www.instagram.com/falguni_aastha

Facebook: www.facebook.com/aastha.bhagia

LEARNINGS FROM 2020: THE JOURNEY OF THE AMBASSADORS OF HEALTH

Unleashing good health and happiness for 2021, we have come together as a family, neighbourhood, colleagues, Mohala, city, countries & globe at large. The idea is to lift each other and in the process be lifted as a wholesome individual. We are all competent enough in our small world to do wonders and showcase an ideal social living like the people of Okinawa in Japan or Sardinia, an Italian island or Loma Linda in California or Ikaria, an isolated Greek island.

— BY **RAJIV ANTHWAL**



For Instance, in Okinawa, a small town called Ogimi is called the village of longevity. The people here have the lowest levels of heart disease, stroke, diabetes and cancer. Their diet, lifestyle and community living plays a very important role in keeping them active and healthy even after the age of 90. This village community of Ogimi is an inspiration for all.

On the lines of Okinawa, we have our small community of Ambassadors of Health. This community encourages individuals to become Ambassadors of Health and add as many healthy and happy people in their surroundings (their family, then relations, then the neighbourhood, then colleagues, then the Mohala, then the city, then countries & then the globe at large).

So let us address the question: How can one be an Ambassador of Health?

Due to the COVID-19 outbreak in the year 2020, our lives were paused for approximately a year; this has given us time to ponder and understand what are the wrong steps and measures we have adopted collectively as a society. Before 2020, my journey was already unfolding as an Ambassador of Health in my surroundings, my family, my neighbourhood, my relations, my colleagues & especially my LinkedIn family. During the outbreak, it became a prerogative to safeguard the health and well being of people who were part of this journey and those who were

willing to commit to spreading the message of wellness. As an Ambassador of Health, we need to garner strong focus on the overall mental, physical and spiritual growth of the individual.

The year 2020 created a chain of other challenges across various domains, however, Ambassadors of Health adhered to the principle that it was a golden opportunity to pause for a while & think about what we are doing to ourselves, the environment and our fellow living creatures.

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Due to the COVID-19 outbreak in the year 2020, our lives were paused for approximately a year; this has given us time to ponder and understand what are the wrong steps and measures we have adopted collectively as a society. Before 2020, my journey was already unfolding as an Ambassador of Health..



Way forward for 2021

Continuing our 2020 learnings, let us all answer some serious questions that we generally ask other responsible authorities or people around. We have listed a few pointers for our 2021 collective resolutions keeping in mind that it should start from our area of control:

- We all wish global leaders to come together & work for a common cause

Every common man is talking about the world getting divided & every country is trying hard to secure its self-interest. But they all find themselves helpless in conveying their concerns towards a divided world. Don't you think we all have a small world around

us? That WE are the leaders who have a great capacity to influence and carry that world towards a unified small world of our choice?

So, let's remind ourselves to work towards bringing our family, our community, our colleagues, our neighbourhood, our city, our country and our globe at large to come together for a common purpose.

- We tell our Government to improve healthcare facilities across the country.

We as humans are concerned about the healthcare facilities provided to us. COVID-19 has set the alarm towards the unpreparedness in dealing with such a health crisis.

Don't you think that all this should prompt us to introspect and look into our family, then our relations, then our colleagues, then our neighbourhood, then our city, then our country and then the globe at large? We need to work on the bad habits that we have adopted while running the rat race of being the best and achieve all self-generated materialistic needs of society.

The Ambassadors of Health drive looks forward to adding as many healthy people around, starting from our family to the society to create a small world that can work together under a common purpose. It brings us together to adopt new healthy habits for a better lifestyle in 2021. New habits mean





bringing a new routine. This new routine is easily achievable with a backing of a close social network or platform we create by bringing our family, our relatives, our colleagues, our neighbourhood, our city, our country and the globe together towards the same purpose.

The small world that we create turns into a bigger world of wisdom. We can invite change by acting upon ourselves and triggering the change in our surroundings by becoming an Ambassador of Health.

- We tell the media to

show positive news & play a constructive role.

We as humans feel concerned about the media showing negative news and talking about all that's dividing the world. We expect the media to be a constructive fourth estate of our system.

We are all walking or talking media in our self. Let's talk, share and spread good healthy positive information among our family, our relations, our colleagues, our community, our city, our country and the

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The Ambassadors of Health drive looks forward to adding as many healthy people around, starting from our family to the society to create a small world that can work together under a common purpose. It brings us together to adopt new healthy habits for a better lifestyle in 2021.

globe at large. We can create news that's constructive & productive for our surroundings. We have a lot of areas of concern such as health, environment, social issues and hygiene around us that need immediate attention. It can be resolved by coming together as a community. So let us talk & act positively in our day-to-day life & play a constructive role by taking up good initiatives within our reach.

- We tell people to be environment friendly & care for other creatures

After the COVID-19 outbreak, many of us are sharing and posting such healthy food, nature & animal care pictures and videos because of humans getting locked down inside & feeling the change outside.

This speaks volumes about us as our active life creates a mess in the lives of animals and birds. We should think, understand and evaluate our areas to do something that can do good to our small world in the environment or care for animals & birds. Such small acts collectively become big and

can have a huge impact on our world.

It is our duty as human beings to take care of these creatures who are at our mercy due to their limited scope of understanding. Humans are bestowed with additional cognitive abilities to think & evaluate, hence we need to take care of our surrounding creatures and environment for a better ecological balance.

AMBASSADORS OF HEALTH LEARNINGS

We have an unlimited set of questions for others but the answers to these questions are within us. 2021 has no time for seeking answers but it's for us to act together & answer the questions within our area of reach. Here is an action plan to give oneself a headstart in the journey of becoming an Ambassador of Health:

1. LEAD BY EXAMPLE.

Motivate people towards a healthy lifestyle by sharing action plans and learnings that can help them to evolve as an Ambassador of Health. We

would create a human chain of Ambassadors of Health by spreading the idea across our surroundings by leading with example. Let's walk the talk and create a chain that strongly believes in acting on their learnings.

2. MINDFULNESS

Ambassadors of Health believe in doing all our day-to-day activities mindfully. Mindfulness means living in the present or the moment and not letting the mind wander. This helps us bring more focus, energy, stability, peace, non-judgmental attitude and a productive mindset. This, we believe will help everyone from overcoming their mental health issues that so many of us are facing due to COVID-19.

3. CREATE A PLATFORM THAT HELPS TO SUSTAIN EFFORTS

We will work towards creating various platforms on social media which will help people seek inspiration from each other & convert their healthy routines into habits. Today everyone wants to be healthy

but it's our surroundings and environment that forces us back to our old unhealthy habits. Ambassadors of Health will create platforms like one in the LinkedIn profile of Ambassador of Health (Rajiv Anthwal) that will engage masses into sharing & growing together for a happier and healthier world.

Let's start by making a difference in our specific zones. Ambassadors of Health believe that being healthy through workout & food with deliberate mindful practices can be a transformational keystone habit for every individual in the world. When we follow the mentioned keystone habits then our small gains in reducing mental stress, improving eating patterns, better workplace productivity, appropriate calorie intake, nutritious diet and mindful working start improving. We appeal today to everyone to create such platforms in their small worlds and become an Ambassador of Health.



About Ambassador of Health

RAJIV ANTHWAL

Rajiv Anthwal, the Ambassador of Health. Rajiv's profession is purpose-driven and not just knowledge. This purpose drives him to create an environment that's open to inculcating healthy habits which lead to a lifestyle promoting wellness.

To follow his passion, he left his previous role as a General Manager in an MNC. He strongly believes in holistic health i.e a healthy Body, Mind, Heart & Soul.

His vision is Ambassadors of Health, who believe in following the steps towards personal wisdom.

- 1 . Building a healthy environment through the chain of Ambassadors of Health platform.
- 2 . Working on Physical Activity.
- 3 . Working on aligning our mind with physical health.
- 4 . Bringing some deliberate practices in our day-to-day life to fill our heart with love towards our purpose.
- 5 . Practicing deliberate Mindfulness in our daily chores to improve focus, energy, stability, peace, non-judgmental attitude and a productive mindset.

This leads to a happy and holistically healthy life.

5 LIFE LESSONS THAT I LEARNED IN 2020

— BY **ASH RAO**

Looking back at 2020, to say it was a challenging year is an understatement.

This past year completely disrupted the way we live, how we work and even how we communicate with one other!

The global pandemic caused by corona virus showed how vulnerable we are as humans and how one virus can infect millions of people leading to various complications and even be fatal.

This year 2020 has challenged us, thrown us out of our comfort zones and pushed us to adapt to the new normal. It changed our perspective on a lot of things and taught us a few important lessons on what really matters in life.

Personally, as I reflect back, this year taught me how I can seek out the positive in any situation and I learnt some valuable life lessons. Here are some of them.



POWER OF GRATITUDE:

“Gratitude turns what we have into enough” - Aesop

When the pandemic hit and forced isolation and cut down our social interactions, like many others, I too felt frustrated and restricted. The things that I took for granted – walking unmasked in public, going to a concert/theatre,

hugging friends , sharing a meal and anything that involved in-person quickly became a thing of past and the whole world had to adjust to virtual way of life.

But thinking a bit deeper , I realized that these were very small compromises that we had to make compared to tremendous pressure that our healthcare workers, front line heroes were dealing with on an everyday basis – working long hours, having the bruised face with prolonged mask wear and risking their own lives to help others in need. So it is not fair to complain about small adjustments in our daily life while authorities and essential workers are working round the clock to ensure our safety. Being grateful instead of being resentful can amplify the goodness in life and I am thankful for many things which kept my life sane smooth during this turbulent times – a stable remote job, necessary resources like Wi-Fi/ Technology to stay in touch and do the work , good health , food at the table , quality time with family – list goes on . Gratitude lets us see the good

parts of life, lets us count our blessings that will in turn make our life happier!

HEALTH IS WEALTH

Am sure you have already heard this phrase ‘Health is Wealth’ countless number of times and this has never hit the chord as intensely as this past year. This year, we realized how vulnerable we are as a species and how a virus can possibly wipe out our existence from this world.

I learnt that Self-Care is no longer optional but more a priority. Eating right, adequate amount of sleep, regular exercise, taking supplements to boost immunity are all essential for a quality life.

If you notice on the flight, instructions are always given to put your oxygen mask first before you help the one sitting next to you! You can only take care of your loved one if you are fit, so don't feel bad about putting yourself first!

Another important lesson that I learnt was prioritizing mental health which plays an important

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role in living a fuller life. Just like how we can build muscles by working out, we can similarly exercise our mind to think positive and to stay calm under pressure.

Spending some quiet time in solitude, few minutes of prayer or meditation every day, planning your schedule in advance, tuning out social media occasionally, reading or listening to motivational

positive content can all help us stay sharp and can make us more productive and focused. Minimalism:

Even though I am not a minimalist, I did learn that by just sticking to the essentials, we can keep our life lot simpler. Luckily lockdown helped us in providing that extra time needed to declutter and get rid of nonessentials at home. With no more in-person shopping or visiting mall, there was no hoarding of items and we ended up donating, recycling and discarding most of the things that no longer served our family needs.

I learnt that clearing up the physical space helps you clear your mind too and can provide space for taking slightly bigger risks. When we take away all those things that don't add any value in our life, we make space for those things that really matter – whether it is more time to experience new things, explore new hobbies or even simply be more at peace with the way things are.

EMPATHY AND KINDNESS

As the virus spread, it also united us in a way that transcended boundaries. Humanity came together as one to fight a common enemy. It was heartwarming to see how people came together to help other in need and still continue to do so.

Throughout past year, I noticed how LinkedIn was flooded with posts of people who were helping others in their job search, sharing job seeker's skill sets to their network and making introductions. I too jumped on the bandwagon and helped as much as I could in helping those who lost their jobs due to pandemic.

I noticed how people in the community came together to provide food and groceries to families affected by COVID. It was inspiring to read about stories of people who went above and beyond to help fellow humans in need.

A recent story that I read of Ram Mehta – a Plano Restaurant owner who spent most of the pandemic helping North Texas families showed how a single person can make such a powerful impact. (<https://www.dallasnews.com/>

[news/inspired/2021/01/13/plano-restaurant-owner-ram-mehta-continues-covid-19-charitable-work-despite-business-struggles/](https://www.dallasnews.com/news/inspired/2021/01/13/plano-restaurant-owner-ram-mehta-continues-covid-19-charitable-work-despite-business-struggles/))

There were organizations like TheBetterIndia (www.thebetterindia.com) – Asia's largest positive news platform which came forward with various initiatives including COVID Soldiers Campaign to not only identify the Corona Warriors but also recognize and reward their efforts generously sending a strong message of hope and positivity to the world.

Facing an adversity like this has made us all lot stronger and more resilient.

This whole experience has showed me how Empathy and Kindness matters above anything else and how they can bring out the best in us. It helps us connect authentically, help generously making our bonds stronger and together we can not only survive but thrive in challenging times!

GIFT OF TIME

Last year pandemic provided us a powerful reminder of what we already know but tend to ignore. Life is fleeting. Anything can happen to anyone at any time. So make the best of the time that we have. Clichéd phrase- 'Yesterday is history, tomorrow is mystery, but today is a gift. That is why it is called a present' - cannot be disputed. Although lockdown forced isolation and had us stay at home cutting down our socializing, it also provided us with a precious gift of time - which we never had pre-pandemic times which was normal and hectic.

I am grateful for all the extra time I had last year to spend quality time with my family, explore new hobbies like gardening and baking and most importantly it gave me the extra time needed to get my podcast off the ground. I was able to launch my own podcast 'Passion To Profession' and complete close to 25 episodes which felt amazing. Extra time allowed me connect with some of the most creative people in my network and

publish their stories. It gave me an opportunity to not only create but also share some inspirational content with my community.

Life is truly a gift and our time here is limited – so we need to make the best out of it, enjoy it while it lasts and do the best

we can to live life to the fullest potential while helping others in any way we can.

Year 2020 definitely taught me some invaluable life lessons that I will carry with me in this New Year keeping my mind and heart open for new possibilities.



About

ASH RAO

Ash Rao is an established talent acquisition expert, certified career coach and an eloquent writer. Her work has appeared in major publications like Thrive Global, Fast Company, Social-hire.com and Powerhouse Global Magazine.

An infectious positive communicator, her writing style is conversational and inspiring. Ash's published work focuses primarily around better careers, workplace productivity, success habits and self-improvement.

She has recently launched her own podcast - 'Passion To Profession' where she shares what it takes to convert your passion into professional success. She has interviewed some of the most creative entrepreneurs and shared their inspiring stories on the show.

More details here- <https://www.passiontoprofessionpodcast.com/>



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POWERFUL GLOBAL WOMEN FOUNDATION

CHILDREN RETREAT EVENT (12TH SEPTEMBER 2020)

We had various workshops for them during the gathering. We also gave facemasks each child that was in attendance. Over one hundred children attended the event. They were all fed as part of our tradition to do. A massive thank you to Ross Swan for supporting our mission.

This project was led by our amazing Vice-president (Mrs Josephine Itsuokor).







POWERFUL GLOBAL WOMEN FOUNDATION

COVID-19 PROJECTS

As part of PGWF mission to support more families during this challenged time, we have been able to hold two projects (one in April and the other on 13th July 2020). We distributed food supplies to several families and orphanage homes.

Our team lead by Mrs Josephine Itsuokor (Vice-president of PGWF) made these projects a success. We will continue to reach out to more families through the support of our global partners.



**VICE PRESIDENT
MRS JOSPHINE PHILIP
ITSUOKOR**



Powerful Global Women Foundation (Powerhouse Charity) was founded in 2016 in Nigeria, West Africa, by Lady Anita Duckworth-Bradshaw. The core objective of this organization is to transform the lives of women and children, through various projects centred around the need of the service group.

In 2016 Lady Anita single handedly fed over 400 children as part of “project feed 1000 children globally”, and held an empowerment conference for the women. Through this project, so many women have gone to do great things with the knowledge they gained from the event.

She recently held a life transforming event for women in Lagos, Nigeria as part of International women’s month celebration 2018. The turnout was very encouraging. She is working towards supporting more families to keep their children and wards in school through” project back-to-school” starting in September 2018.

We are seeking for global support from individuals and organisations who would love to be a part of this service to humanity.

To support us, please visit:

www.powerhouseglobalwomen.com or
email womanthepowerhouse@gmail.com
or powerhouseglobalmag@gmail.com



CHARITY PROJECT: As part of our Global Annual commitment, we were able to successfully complete project feed the children 2019 mission. Over 150 children were fed at this year's event. Powerful Women Global Foundation (PGWF) is a charity set up by Lady Anita Duckworth-Bradshaw in 2016. The service users are women and children. To support PGWF, please email womanthepowerhouse@gmail.com



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2021

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