



5 - 6 DECEMBER 2022
DUBAI WORLD TRADE CENTRE

Health & Wellbeing **Invest in Yourself**

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**Architecture
& Design**



Health & Wellbeing: Invest in Yourself



WHAT DO WE MEAN?

- Continuous Learning Strategy
- Empowering Self Awareness
- Motivation
- Work Life Balance
- Invest in your Team



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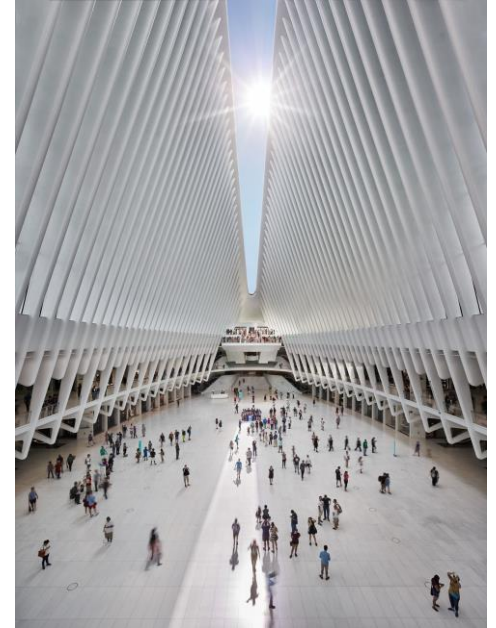
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CONTINUOUS LEARNING STRATEGY

Challenge Yourself to Challenge Others



Knowledge Management
It's not Age and it's not Status
Willingness to Learn
Challenge what you Know
Look at what you cannot See
Embrace Personal Development
Challenge to Challenge



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EMPOWERING SELF AWARENESS

Honesty & Reality



- The 1% of the 1% of the 1%
- Make Your List, Make it Real
- It's about YOU
- Be Proud
- Make a Plan ... and Change it!
- The 5-Year Test
- What do you want?
- Wealth and Cash

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MOTIVATION

Getting Better at Getting Better

- Everything takes TIME
- Small Steps
- Willingness to Learn
- Challenge what you Know
- Look at what you cannot See
- Embrace Personal Development

WE MAKE A
LIVING BY WHAT
WE GET, BUT WE
MAKE A LIFE BY
WHAT WE GIVE

*Fear is a reaction.
Courage is a
decision*

**IF YOU'RE GOING
THROUGH HELL,
KEEP GOING**

**Success is not final failure is not fatal:
it is the courage to continue that counts**

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WORK LIFE BALANCE

Work Smart Not Hard

- Fail to **Plan** is Planning to Fail
- Take a Deep **Breath**
- Give Yourself **Time**
- Team-building and **Support**
- Give to Get: **Empower** those around You
- Succeed **together**, Fail together
- **Stairs** are better than the Elevator
- Set out your **Rules**
- Adopt a **Buddy** System



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INVEST IN YOUR TEAM

Business is People

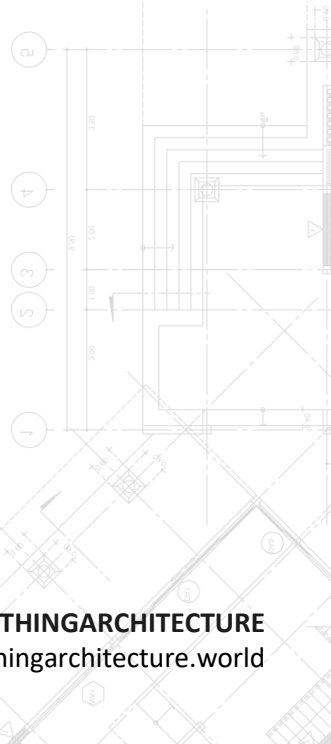


- Three Type of Colleagues
- Creative Supportive Culture
- Workplace Environment
- Open Communication
- Personal Development
- Lead by Example

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TAKEAWAYS

Sweep Your Shed



Plan to make a DIFFERENCE: My BIG 5

- Be **Humble**
- Be prepared to make **Mistakes**
- Concentrate on **'Why'** not **'What'**
- Make sure you fall **Forward**
- Play **Long** and **Pay it Forward**



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Everything in Moderation ... including Moderation

THANK YOU

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