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WORKING SMARTER NOT HARDER IN RAMADAN

FASTING FOR RAMADAN DOESN'T HAVE TO MEAN
REDUCED PRODUCTIVITY.

EMPLOYEE FEATURE:
MS. PAMELA BOU ZEID (BUSINESS DEVELOPMENT MANAGER)

CHECK OUT THIS MONTH'S EVENT HIGHLIGHTS

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More than 1.6 billion Muslims around the world fast for the Holy Month of Ramadan, refraining from consuming any food and drink from sun-up to sun-down. This annual month of fasting is one of the Five Pillars of Islam, and it's intended as a time of reflection, prayer and giving.

But without food or drink, it's easy for focus and energy to slip, something that can prove challenging for Muslims in corporate office environments and entrepreneurship alike. With a few smart changes and strategic adaptations to your behaviors and priorities, you can still get plenty of productive work in, whether you're working in an office setting or on your own as an entrepreneur. Here are some tips for making the most of your work-day while fasting.



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Plan Your Days In Advance, With Intention

Keeping your mind occupied can sometimes be a challenge during Ramadan, when hunger can seep in as a distraction.

By carefully planning your days and deciding, ahead of time, what you'll focus your time and attention on, you'll be better able to keep your momentum going.

When planning your days, try to schedule meetings, calls and other interpersonal interactions that require high energy in the mornings. Put high-priority tasks and items first, ensuring you make progress on the most pressing items, and leave less pressing or mentally intensive tasks for later on, when your energy and focus may wane.



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Work When Your Energy Is Highest

Your energy will likely be highest just after eating the morning and evening meals. If possible, plan to do the bulk of your mentally or physically intensive work just after eating, when your mind and body are at their sharpest. You may find that staying up after you eat your morning meal--instead of going back to sleep--will allow you to more easily complete tasks without the distraction of incoming messages and distractions at that hour, too.



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Swap Meetings For Video Chat and Calls

Travel, commuting and walking can drain your energy. Whenever possible, look for opportunities to shift in-person meetings to phone calls or video chats. Often times, you can get just as much done, without having to use valuable energy to physically get yourself to a different location to meet.

For many people--even those not fasting--this will be a welcome change, as it saves them travel and movement time too. This extra time can be used for other activities and tasks, allowing you to make even more progress on your goals and to-do list.



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Embrace Afternoon Naps

The afternoon and early evening can be the toughest times for energetic work during Ramadan, so don't be afraid to take a nap to regain some energy and pass the time. This will be particularly helpful if you've opted to stay awake after the morning meal. An afternoon nap will allow you to re-charge, giving you a short burst of energy upon waking in the early evening.





World Oral Health Day

20 March

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Tijo Scaria
Accounts Manager



Andrea Keiko
Secretary - Investments Dept



Cibu Chacko
Assistant Manager Claims - Marine & Property
Technical Claims



Helen Montero
Officer - Accounts



Mahmoud Farag
Compliance Officer



World Oral Health Day

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Yvette Tauro
Receptionist - Dubai



Ali Zardari
Risk Management Supervisor



Abdallah Younis
Internal Audit Officer



Mohamed Kabbab
Motor Claims Officer - Dubai



Kamal Haddad
PRO

International
Womens Day

8.3.2023



We welcomed Pamela to the team in early February as Business Development Manager and she certainly hit the ground running, one of the key focal points of communication for our major clients and business partners working in collaboration with both the underwriting and non-underwriting teams to aid in forging stronger and healthier relations. Though always equipped with a ready smile; she gives off a very no-nonsense, straight to the point attitude (Disclaimer: this may be horribly inaccurate) and so she has graciously given us the opportunity to know her a little more better.

EMPLOYEE FEATURE

Pamela Bou Zeid



First off, can you give us a quick profile of who Pamela Bou Zeid is outside of her role as AWNIC's BDU Manager?

What did 5 year old Pamela dream of being?

I have always been amazed by science. Biology on one hand, and astronomy on the other. But it's fair to say that I gradually grew out of wanting to become an astronaut to keeping it only as something I enjoy exploring from afar.

"I think all leaders, not only but especially females, should remain open to the idea that growth does not have to be in linear form."

What are hobbies that keep you unplugged from work?

I manage to spend a lot of energy through anything that keeps my heart rate up. My favorite hobby would be body building or jogging while listening to loud music.

What are some usual assumptions about you or first impressions which are true and untrue?

People usually tend to see me as serious or not easily approachable. In fact, I can look or be pretty serious at work but I become very talkative once a conversation is initiated. I can be easily hooked in any chat, especially if I find interest in it.

Biggest indulgence or guilty pleasure?

I am on 2 different extremes. Some days I can have a very sweet tooth, and some other days a very savory one. On each, it will mostly be chocolate biscuits or barbecue-flavored chips.

It's said that women are always ready for anything, what are the 10 things in your purse that you can't leave home without?

Mobile, home keys, money, earphones, perfume, band aid, eye drops, minimal make-up tools, anti-inflammatory medication and ready coffee sachets.

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NEWSLETTER

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Pamela Bou Zeid



Who are your female role models that have influenced you?

I can name a few but Oprah Winfrey is on top of my mind. She uses her personal traumas to support women empowerment and fight child abuse, both of which matter a lot to me. Additionally, she has been a voice for dedication, motivation and inspiration. I guess there is no individual that does not experience hardships in their life, but like she says “Where there is no struggle, there is no strength” and I like to go by that.

What’s a common misconception about females in the leadership role that you want to bust?

The list is quite long as myths are pretty numerous in that matter. However, I consider that being more emotional and less ambitious than men are two misconceptions that I go totally against. I am sure that if meritocracy and gender parity move hand-in-hand, women will be able to increasingly prove how much of an added-value they can be to any organization.

What’s a leadership lesson that you’ve learnt that’s unique to being a female leader?

I think women are very strong, and sometimes stronger than they choose to show. After 8 years in the workplace, I can easily say that I revised my strengths so many times. I chose to believe that building on the strongest assets will only taper the weaknesses, and that deciding to change directions can only build up transferrable skills. I kicked off my work experience as a health practitioner in the most prestigious medical center in Lebanon, after which I decided to invest in my medical knowledge onto the corporate world. This is when I joined Allianz as a Medical Claims Auditor. My knowledge in the corporate world grew until it drove me to a Masters in International Marketing & Business Development as I have always enjoyed communication. And now, here I am. To sum it all up, I think all leaders, not only but especially females, should remain open to the idea that growth does not have to be in linear form.

Any advice to women who are still in the early stages of their career that wish to pursue advancement, what does it take to get where they want to be?

This overlaps a lot with my previous answer. Strength, resilience, independence and action. One does not need to be motivated every day, it’s quite impossible. I rely on myself a lot and tend to force myself to really make any action. Every action will result in something, and every result builds up my motivation for what comes next.



WHO WOULD YOU LIKE US
TO FEATURE NEXT?

Let us know on:
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