



MAKING STRIDES

A publication for AFETT Members to speak out about their Business, Careers and Family.

In this month's issue:

Kellee Ann Richards

Lisa Wickham

Sandra Carty

Lesley-Ann Noel

Nicole Joseph-Chin

Lara Quentrall-Thomas

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Making Strides Professionally

Kellee Ann Richards - Commercial Analyst at Phoenix Park Gas Processors Limited, has recently graduated with an MSc in Project Management (with distinctions) from the University of the West Indies.

Lisa Wickham attended a one week High Performance Leadership Programme at the University of Oxford Business School UK in March 2009. It was an intense 6-day residential programme aimed at exploring individual leadership styles, personality programming and neuroticism and its impact on organisational effectiveness. According to Lisa, the programme was very insightful and the added component of the neuroticism testing uncovered personality tendencies that can work against your achievement of personal and organisational goals. The programme was also a splendid networking opportunity with persons across all the continents.

Sandra Carty attended a Women's Conference in Ft. Lauderdale Miami on March 19 2009. The focus of the Conference was "Achieving Your Potential: How to gain Respect, Credibility, Power and Influence in a Competitive Business World." One of the first items in the program was to create a 100 day Action plan:

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| (1) To find a Mentor | (2) Physical Presentation |
| (3) To Set up a Reading File | (4) To develop a Network System |

The delegates examined strategies that high performing women use to reach their goals, how to Develop their Leadership style, how to Tap into their Inner Calm and Easy Steps for Preventing Stress, Burnout and Chaos.

Making Strides in Business & Industry

Lesley-Ann Noel has been appointed Lecturer, Visual Arts, of the Department of Creative and Festival Arts, UWI St. Augustine Campus. She is responsible for the Design Programme of the Visual Arts School.

Nicole Joseph-Chin's company, Ms. Brafit Limited, was recently featured in a very prestigious US Lingerie Fashion magazine with an extensive coverage and readership amongst the Intimate Apparel Industry Globally. Nicole was also recently invited and hosted by the Government of Colombia to attend a very prestigious and renowned fashion event in Colombia which has had global appeal and a huge reputation for featuring top apparel designers from Colombia and other Latin American and International design houses and destinations. Ms. Brafit successfully launched its new website www.msbrafit.com in St. Lucia at the Bay Garden Hotel.

Making Strides in Personal & Home Life

Lara Quentrall-Thomas: Here is my milestone: **I got my T&T Citizenship!!!**