

CONVERSATION & AFTERNOON TEA WITH SAMINA AZAM

JANUARY 2021 - ISSUE 5



AFTERNOON TEA

Those of you who know me, will know one of my favourite past times is enjoying afternoon tea.

The artistry, tradition, venue and food but most of all the company. This is my virtual version of having a catch up with a friend over tea & cake.

Enjoy my conversation with

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WELCOME TO OUR FIFTH EDITION FEATURING - ADELE SELBY

Hi Adele, how are you doing and what are you up to at the moment?

Firstly, thank you for inviting me to participate in “conversation and afternoon tea”, what an honour. I am doing great thanks for asking. I am feeling lucky to be living in Melbourne, Australia in these unsettling COVID times. As you may, or may not know, Melbourne had been placed into the harshest lockdown in Australian history. We were essentially in stage three lockdown from March to about July, and then stage four lockdown from July to November 2020. During this time, I was extremely grateful to have my family and friends near, and to be a part of

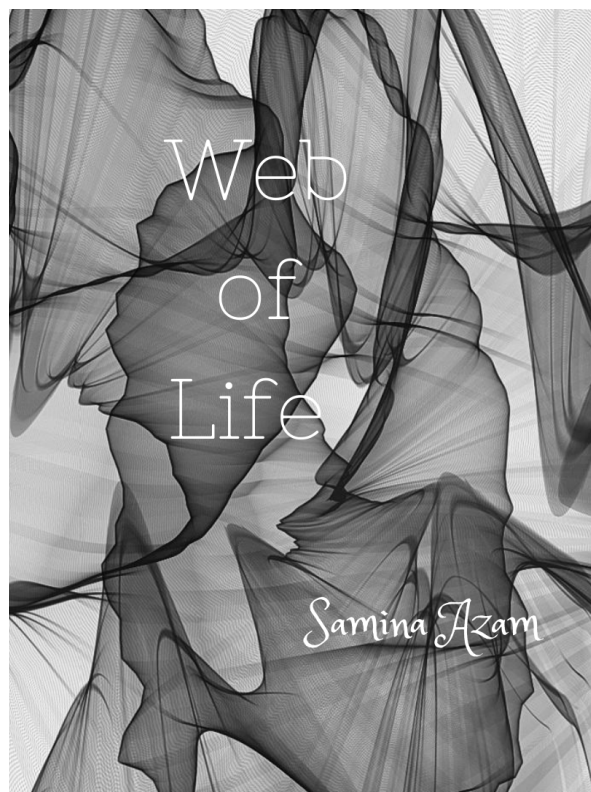


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the trīb. community, who have been, and continue to be, a constant source of strength and resilience to each other. My heart goes out to all who have been impacted or have lost loved ones through COVID. As devastating as the lockdown was at the time, it has paid off immensely as we now enjoy a COVID normal life – pending the implementation of the vaccine.

I am the Co-Chair of trīb. Australia along with Mina Italiano, and together with the support of our trīb. Australia Officer, Domenica Inserra, we are currently working on some exciting learning and development workshops, interviews, and upcoming events for our Australian Executive Assistant community through 2021.

What is trīb.? trīb. was founded in November 2017 by career, C-suite Executive Assistant-turned-CEO, Phoenix Normand. trīb. is a private, online community of some of the most high-producing, highly effective, career Executive Assistants in the world intent on making an impact, comprising of EAs from 13 countries including the US, Australia, New Zealand, Brazil, Canada, South Africa, the UK and the EU.



WHAT'S YOUR BEST LOVED CAKE, TEA, COFFEE OR VENUE?

As my background is Italian, my favourite drink of choice is a latte with a cannoli from Brunetti.

www.brunetti.com.au

Adele I am so so pleased you are on the other side of this horrid pandemic #resilience You truly give us hope. We have so much in common. I cannot wait to read Greenlights. I have watched Mindhunter several times and our love of LinkedIn... Your letter to your younger self is imperfectly, perfect.

#TeaWithSamina

www.oculuscreativelearning.com



O C U L U S
C R E A T I V E
L E A R N I N G

I N S P I R E D B Y P A S S I O N

I am also Co-Founder / Partner of Sorelle Event and Network Consultants with Mina Italiano. Sorelle Events is a bespoke events and project management business. We are thrilled to be working on some COVID safe events for our clients in 2021.

Who are you watching/listening to?

I love anything true crime or crime related, so I am re-watching Mindhunter, and I am at the end of season 2 of The Alienist.

What's your favourite tool/app?

I cannot do without LinkedIn. LinkedIn has helped me connect with some amazing people from around the world like yourself, Phoenix Normand, chief of trib., Paula Harding, Carol Pito, Caroline Saufoi, Agness Stowers, Lucy Brazier and Skevi Constantinou to name a few. Other tools or Apps would be Canva, Instagram, Zoom, Teams and Audible.

Are you reading anything?

As I live with neurodiversity (embracing my dyslexia), I use Audible, and currently I am listening to "Greenlights" by Matthew McConaughey, (which is narrated by him - being a bonus).

A vision/goal your going to make happen this year?

My goal this year is to focus on my health, and in particular, to shed the dreaded COVID weight.

WORDS OF WISDOM

ADELE IF YOU WERE WRITING A LETTER TO YOUR YOUNGER SELF WHAT WOULD YOU SAY?

Oh...

I do love this question as it helps us delve deep inside ourselves for the answer - it's like a surprise chocolate found in the favourites box.

Dear younger me,

I am writing to you as sometimes you need to pause and look within yourself, this is a reminder to you that: You are a fierce soul who will encounter many hurdles, bumps, and detours along your path. Remember, you are forever curious and unique, so you will no doubt create your own path for your journey, and you might even build a bridge or two along the way.

Learn to inspire yourself by opening your eyes to the world and seek out opportunities which ignites and embraces your neurodiversity, as it is the very foundation that made you who you are.

Make your family a priority. Career, business, and money are all attainable, but your family is precious and non-replaceable, so cherish the moments. Be kind and generous of spirit as this along with laughter will nourish your soul. Do not be hard on yourself – perfection is overrated.

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