

CONVERSATION & AFTERNOON TEA WITH SAMINA AZAM

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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

Mina Italiano
EA Advocate | Event Planner
and Food Lover!



WELCOME TO OUR EIGHTH EDITION FEATURING - MINA ITALIANO

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

What an absolute honour and pleasure to be participating in "conversation and afternoon tea" with Samina. The last twelve months have been a rollercoaster of emotions as I watched my beloved city of Melbourne go through one of the harshest lockdowns due to COVID. But today I feel lucky and grateful that we are starting to get out and about again. I am so happy to be able to travel to my favourite regions, cafes and restaurants and catch up with family and friends.

I'm juggling a few hats at the moment and I am trying to maintain a healthy balance of work, life and play. But as you know I love to



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keep busy, social and active. Currently, I'm doing some casual freelance EA work and have a few assignments on the go.

"Sorelle" means sisters in Italian and in 2019 I went into a new business partnership with Adele Selby. Together we are Co-Founders & Partners of Sorelle Event & Network Consultants. We specialize in bespoke corporate events, showcase events, and product launches. I am also Co-Chair of trib. Australia with Adele Selby and with trib. Australia Officer, Domenica Inserra we are always working on new and exciting projects and events for our Australian EA community.

Who are you watching/listening to?

With so much time at home during lockdown, our Netflix and Stan accounts got a workout. I binge watched a load of shows with my daughter Elisa. My top 5 included: Schitts Creek, Ozark, The Bold Type, Parks & Recreation and New Girl. I'm a huge podcast fan and always have an eclectic mix lined up on my phone. Heading off for my walk around the neighbourhood, some of my favourites include: Literally by Rob Lowe. Here's The Thing from Alec Baldwin, Have a Seat by Debra Coleman, and ABC Conversations. And of course, foodie podcasts are at the top of my list. Listening to these always make me hungry. My top ones include: Table Manners, Out to Lunch and Deep in the Weeds.

What's your favourite tool/app?

I have to say that embracing tech and apps is a great way to stay connected with friends and family. I've found that using technology is also



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

My morning ritual is reading the newspaper at a nearby cafe over a piccolo and croissant. I've recently discovered Provence in Camberwell and I am now a regular! They have a mouth watering array of French pastries, bread, tasty quiches and sausage rolls. For a special night out with the family, we always head to Scopri; simply the best Italian food in Melbourne! And for my fix of homemade pasta, I rely on my husband Nat's family business, Maria's Pasta! When I'm entertaining at home I will bake a Torta Caprese, a real crowd pleaser full of chocolaty goodness!

#TeaWithSamina

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an amazing way to keep in touch with our EA community around the world. My top apps are: Instagram, LinkedIn, Canva, Slack and WhatsApp. Instagram is where I share my love of food, travel and cooking. LinkedIn and Slack have been a wonderful tool to connect with our EA community and Canva is simply the best platform for social media design and templates. WhatsApp keeps me in touch with family both in Australia and overseas.

Are you reading anything?

I'm reading and cooking from Yottam Ottolenghi's Flavour cookbook. I get lost in his writing and cooking style. His passion for Middle Eastern flavours and vegetables are a great source of inspiration for my own family dinners. I'm also a huge fan of biographies and have two on the go at the moment - 'Paul Kelly: The Man, The Music and the Life in Between' and 'The Good Cop', a biography that follows homicide detective, Ron Iddles. I get engrossed in crime thrillers and have read all of Michael Connelly's books.

WORDS OF WISDOM

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

This is one of my favourite questions and I think it's important to reflect back on your life.

As you step through the chapters of your life, family will be everything and will become the anchor in your story. Even though you think your parents don't know anything, in time you will realise that they are the pillars that will form your own values, beliefs and strong sense of family. Surround yourself with the love and support of family and friends and together you will navigate the road ahead. Celebrate the wins and highs of life and remember at your lowest point, surrender and accept the help from your loved ones.

Be courageous and be curious, be kind and be generous. Find your passion and live in the moment. Say yes to open the doors to a world of opportunities that lies ahead. Facing your fears will keep you moving forward. Live a life of no regrets and remember to learn from your failures as this is what will make you a stronger person. When you are unsure of something, you will find excuses to talk yourself out of anything, but remember, 'what is the worst thing that can happen? '.

At times you will question your value and worth, but always remember 'what other people think of you is none of your business'.



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Happiness means?

Feasting and drinking wine around our table with family and friends, while laughing, sharing stories and creating lifelong memories. Cooking for me is both a creative process and one that brings me joy.

A country I would love to visit?

I am immediately drawn to Morocco and the chance to explore the spice markets of Marrakech. I imagine myself wandering around the markets and cafes surrounded by heady aromas of some of my favourite spices and dreaming of what delicious meals I would make.

A favourite quote?

'There are people less qualified than you, doing the things you want to do, simply because they decide to believe in themselves.'

I use this quote often, especially when I am ready to talk myself out of something that I fear or have never done before.

In this moment I feel...

Happy and grateful to be surrounded by people who bring laughter into my life.

Connect with Mina:

<https://www.linkedin.com/in/minaitaliano/>
<https://mangiabellafoodadventures.wordpress.com/>
<https://www.instagram.com/mangiabella/>

Sorelle Event & Network Consultants

<https://www.linkedin.com/company/sorelle-event-network-consultants/>



GOAL/VISION

MINA A VISION/GOAL YOU ARE GOING TO MAKE HAPPEN THIS YEAR

My goal this year is to focus my energy on the things that I love and eliminate the things that don't make my heart sing. I want to create some foodie events and continue to write my blog.

Mina Mina! I literally have way too much food for thought here... I love the essence of your words, your descriptions and your passion. Your love takes us on your journey and allows us to see through your eyes. The power is intense and I am privileged to have you share in this space and being my friend. Here's to sharing a morning at Provence.

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