

The Business



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Taking stock of thought baggage...



There are a few days left until the end of another year, and while budgets are being formulated, accounts finalised and decisions made regarding next year's product or service line, it's also a good time to take stock of our 'thought baggage' and do some spring cleaning.

Why you ask? Because as knowledge workers, think for a moment how we earn a living. Whatever your job, be it a chief executive or a management trainee, there are only four types of core activities that we can perform - think, listen, talk and write.

In fact a 2011 study of CEO time management, jointly conducted by the London School of Economics, Harvard University and the European University Institute found that they are spending 60 per cent of their time in meetings, 25pc on phone calls and public events and 15pc working by themselves. Each of these broad categorisations and the efficiency required in them encapsulates the four core activities expected of every successful CEO.

However, while the latter three activities are where we tend to spend most of our time, it's our thinking skills that influence these the most.

Thinking, especially critically, is regarded the key weapon in the arsenal of any thriving employee.

A survey of 768 managers and executives by the American Management Association in 2012, found that three out of four managers deem critical thinking skills (from their employees) as the most important factor in helping their organisation grow. Of secondary and tertiary importance were communication skills, and creativity and innovation.

Yet of all the four activities, thinking, at least critically, is the one skill most susceptible to impotence, stress and the negativities of daily life.

As business owners and even students, sink deeper in debt, handle larger workloads with poor time management skills and suffer from the failure to reach targets, their ability to think efficiently suffers from the emotional tension.

In turn, especially if they're knowledge workers, the other three activities suffer as a result and once again lead to higher stress levels that impact their thinking.

It's a vicious cycle that needs to be stemmed in the bud and makes one realise that it's no wonder the self-help and self-improvement industry (motivational seminars, stress-management programmes and general "solve-your-problem" books) is a \$11 billion industry.

At the end of this year as we're worrying about the marketability of our product line, the precision of our budgets and the validity of our decisions, it's also a time to think about how we think. It's time to cleanse out negative thoughts, shed unproductive excess thoughts (cluttering our thinking) and 'rewire' our thoughts for the New Year.

We'll find that then, we'd hardly have to worry, because we thought it all out.

Mr Cader is the chief executive of MTI Consulting

Juffair Heights wins top award



Above, DDPM director Ahmed Dadabhai, centre, receiving the award from officials of International Property Awards

MANAMA: Bahrain-based Dadabhai Development and Property Management Company's (DDPM) Juffair Heights project has won the "Highly Commended Residential High-Rise Development" award at the Arabian Property Awards 2014-2015 sponsored by Rolls-Royce.

Also, the project's exclusive sales agent, Pegasus Real Estate, competed against a number of real estate agents and property consultants in the region to receive the "Highly Commended Property Consultancy Marketing" award at the same event.

Entries were received from companies in 12 Arab countries and winners were presented with their awards at a high-profile gala and presentation dinner, in the presence of the Earl of Caithness, chairman of the judges for development categories, at the Joharah Ballroom, Madinat Jumeirah in Dubai.

The event was attended by presidents, chief executives, managing directors, chairmen and other decision-makers of the property and real estate industry. "Winning one of these coveted awards is evidence that DDPM is capable of outperforming some exceedingly strong contenders within the highly competitive Arabian property arena," DDPM managing director Shabeer Dadabhai said.

Juffair Heights, a freehold twin tower development, was launched in April this year offering luxurious, spacious and affordable homes to both Bahrainis and expatriates with prices starting from BD50,000.

It features 376 one-, two- and three-bedroom apartments with buyers having the option to combine them into larger three- or four-bedroom units. The well-planned affordable modern housing complex is packed with lifestyle facilities spread over 58,000 sqft and is located in a secure area.

The addition of the indoor sporting facilities further enhances the overall living experience of the owners and residents.

The Arabian Property Awards are part of the long established International Property Awards.

The award winners' logo is recognised as a symbol of excellence throughout the global industry.

"Levels of excellence and innovation continue to rise within the property industry year after year, making the attainment of one of these awards increasingly difficult, yet even more valued," International Property Awards president Stuart Shield said.



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