

Business

Al-Sayer campaign for prevention and detection of heart diseases

Awareness campaign with Kuwait Heart Society



KUWAIT: To reduce cardiovascular risk and promote a heart-healthy planet, Al-Sayer Holding Corporate Excellence conducted awareness campaign in cooperation with Kuwait Heart Society at Corporate Headquarters Kuwait Free Trade Zone as well as their Delivery and Rent-a-car offices located at Ardiya.

Senior Management members and employees from different business units participated in the event. The campaign covered free blood cholesterol test, blood sugar test

and blood pressure test.

Eng. Nehad Al-Haj Ali, Deputy Group Manager Corporate Excellence Al-Sayer Holding thanked Kuwait Heart Society for their co-operation in successfully conducting this campaign and said "By this program our aim is to convey to people the Importance of early detection of heart diseases, at the same time reflect the care towards employees at Al-Sayer with health checkup and spread awareness about healthy living for all the employees of the Group"



The health awareness session administered by Kuwait Heart Society emphasized on adopting healthy lifestyle to have a healthy heart through:

- Controlling cholesterol and unhealthy fats
- Regulating blood pressure and diabetes
- Stop smoking and limiting alcohol
- Managing weight and exercising daily
- Consuming fruits and vegetable regularly
- Getting 7 to 8 hours of sleep daily

BDO provides insights and roadmap for VAT readiness



KUWAIT: BDO Al-Nisf & Partners ("BDO"), a leading audit, tax and consulting firm in Kuwait and a member of BDO International, the world's fifth largest network of accounting firms, conducted an awareness seminar on Value Added Tax ("VAT") on February 19, 2018 at JW Marriott. The introduction of VAT in the GCC has been a matter of significant public interest across all the GCC states over the last couple of years. VAT has already been implemented in Saudi Arabia and the United Arab Emirates ("UAE") starting January 1, 2018. The seminar was presented by Brian Conn - BDO Kuwait Indirect Tax Partner and Head of VAT in the GCC, Rami Alhadrami - Tax Director and Mneesh Bajaj - Senior Manager at BDO Kuwait. The seminar focused on the GCC Framework Agreement, the concepts of VAT, the status of its proposed implementation in Kuwait and highlighted experiences learned from VAT implementation in Saudi Arabia and UAE. BDO mentioned that Kuwait is working towards the introduction of VAT starting January 1, 2019 and the remaining GCC countries - Bahrain, Oman & Qatar, are also very likely to introduce VAT latest by January 1, 2019.

The seminar was attended by over 50 delegates including key officials from the Ministry of Finance, Embassies, and commercial companies. Rami Alhadrami started the seminar by providing insights into VAT developments in the GCC region, and explained key aspects of the GCC VAT Framework Agreement ("the Agreement") which has been signed by Kuwait. Rami commented on the delay of the issuance of the final VAT regulations in Saudi Arabia and UAE and how this left very little time for businesses to get ready for VAT. Rami also spoke at length about the VAT laws already enacted in UAE and Saudi Arabia covering exempted and zero rated sectors, compliance requirements, to provide the delegates a flavor of how the Kuwait VAT law may be finally structured and how certain sectors will be impacted by VAT. In line with the Agreement, VAT will be introduced in Kuwait at the rate of 5% on supply of goods and services.

Bait.com weekly report

A bigger network means more career opportunities

KUWAIT: Many of you will have heard the famous saying, "It's not what you know, it's who you know." But as far as we know, both are equally important. At least when it comes to landing a job and succeeding in your career, it's not only what you know, but also who you know.

That said, let's place focus on who you know, how you get to know them and why it matters to know more people. In other words, let's talk about networking!

Networking is a powerful career-growth tool that can open up many doors and bring about opportunities that would otherwise have flown past your radar. Networking can expose you to new jobs, improve your chances of getting those jobs and introduce you to new career opportunities you might be interested in or might have never even thought about pursuing.

Now, building a professional network sounds incredibly challenging and time-consuming and you might not know how or where to start, especially if you are a fresh graduate. However, Bait.com is here to tell you that it is not as hard as you might think!

In the era of the internet and social networking, it has become significantly easier to build a professional network and get your name out there. A wide professional network will enable you to reach more job opportunities if you are a job seeker, get more clients and increasing your sales if you have a business, or increase your ability to share and receive valuable information and ideas.

You can build your professional network both online and offline in so many different ways. In this article, we have six ways that are often considered the best to help you widen your professional network starting today:

1- Bait.com public profiles:

You can think of your Bait.com public profile as your online business card. With a public profile, more people will be able to reach you and find you through search engines like Google or Bing. Having a public profile will also help you get skills endorsements from your colleagues and people you worked with.

2- Personal branding:

Many people think of branding as something exclusive to products or companies. But why can't you build a brand for yourself? Well, you definitely can. You'll need people to recognize you when your name or your job title is mentioned.

When you build your personal brand perfectly, more people will be curious to know you and connect with you, and this will indeed expand your network. You should also remember that getting a job and moving up the career ladder have a common thread and that is recognition. Through branding yourself, you will be able to attain recognition, build your reputation and control the message people get when they see your name or hear about you.

By focusing on your personal brand and how you connect with others, you'll also be able to easily add recommendation letters and references to your Bait.com profile, which are essential components of a successful CV.

3- Attend conferences and events:

Whether it's a conference, a workshop, a career-related event, or a job fair, professional events are always a great place to meet and share ideas and information with professionals

from the various industries. Do not limit yourself to your own industry as contacts in other industries will also be useful to you along the line.

Always keep your eyes and ears on alert for events happening in your area or in different countries so that you don't miss any opportunity. Don't hesitate to even host an event of your own every once in a while. This is guaranteed to get your name and expertise recognized and to impress some potential employers.

4- Volunteer:

Not only is volunteering about helping people in your community and supporting a cause you passionately care about, but volunteering is also an amazing opportunity to break free of your daily working routine, and to meet new people from different backgrounds and careers. You can think of volunteering as another opportunity to connect with more professionals and expand your circle.

5- Social media platforms

Ask and answer questions. Social networks are flooded with information and work-related groups. Every day, there are hundreds of questions you can ask or answer. You can share articles you write, make videos to talk about a topic you're good at, and maybe follow more professionals in areas that interest you. Remember that you can expand your professional network without even leaving your desk!

6- Travel

Travelling is one of the best ways to broaden your knowledge, mind and horizons, but it doesn't stop there! It is also a perfect way to expand your network. Be friendly, introduce yourself and never hesitate to meet new people. You never know who could end up connecting you to the job of your dreams.

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