**09:34**
Edosa
Okay. So here's the first one all around. This is all around this for around food and drink actually this quick fire. So…

 **10:20**
Dora
Sounds good to me.

 **10:24**
Edosa
Okay. First one, if you're ready, sausage, all salad.

 **10:30**
Dora
Oh, that's an easy one salad.

 **10:32**
Edosa
Oh, okay. That was definitive. It's all past up.

 **10:37**
Dora
That's the neither war probably pasta if I had to choose one.

 **10:42**
Edosa
Okay. Okay. But doing well smoothly or shorts.

 **10:48**
Dora
I'm not baking either one. If I had to choose, I'd say smoothie.

 **10:52**
Edosa
Okay. Okay. That's fits well with a salad. I think sounds.

 **10:58**
Dora
Not really big on either one.

 **11:03**
Edosa
Okay. Sparkling or steel.

 **11:07**
Dora
Steel most of the time.

 **11:10**
Edosa
Okay. Okay. I can, I can call him always picture that benefit now actually.

 **11:18**
Dora
Oh, I was going to say those that really, I should be drinking a lot more water on the Coca-Cola. I drink a lot of coffee as much water sparkling, or still.

 **11:28**
Edosa
All right. That's good. Nice, good. I tried to drink some water. Let's say it is. You almost have to, you almost have to be religious about it to get that. Okay. Do you know that's all the food and drink was shifted very quickly to what I'm calling the quickfire work life. Okay. This one is interesting because it's the first one is life before life, after COVID.

 **11:58**
Dora
Life after That's a big now with COVID. I think with all of the unfortunate things we had to get used to, we've learned some new behaviors. I think that came out of it. I would say life after COVID as soon as possible done with college.

 **12:17**
Edosa
Yeah, exactly. Wait a bit. Okay. This is related. This is related to, this is work from home or work from an office.

 **12:26**
Dora
I prefer hybrid right now would say work from home mostly, but always the opportunity to go back to go in. Even if it's not on a weekly basis. I think we just kind of used to working from home a couple of years now,

 **12:40**
Edosa
Hybrid. I like that hybrid.

 **12:42**
Dora
Is my Yes.

 **12:44**
Edosa
Yeah. Okay. This is it. This is on the same lines, physical meetings of virtual.

 **12:53**
Dora
Physical. If it's virtual, definitely leverage the technology and turn the video camera on and make it as close to being physically in the same room as possible.

 **13:04**
Edosa
Like we're doing right now. Right? This one is, I think it will be tricky to sit on the fence with this one Mondays or Fridays.

 **13:17**
Dora
Oh, this is a definitive for me Fridays. I love Fridays.

 **13:21**
Edosa
Okay. Fridays, Fridays. It is right. Well shifting actually shifting gears slightly. Now it was work life. This is kind of life work. I think it'll make a bit of sense to jump in. Okay. How do you spend your Saturday mornings?

 **13:42**
Dora
How do I spend them? Definitely first thing, getting my cup of coffee and really just reflecting on the ground the week and thinking, what do I want to get done today? Now that I have more personal time and it's not meeting after meeting on work. What can I achieve? Really? It's what goes through my mind? What can I get done and catch up on things?

 **14:04**
Edosa
What this is trying to do is obviously you get a sentence it's trying to work out. What, what work does your life, but on the same vein, what would you think your ideal Saturday morning would be? If that's what you currently do, what is your ideal Saturday morning look like?

 **14:26**
Dora
Probably be more diligent about going out for a walk or a run, just some more physical activity. First thing in the morning I started getting into what is everything that I want to make sure that I catch up on and the personal family life get things done and I should be doing a better job of Nope. Put, put 30 minutes, 45 minutes an hour aside, whatever it is and go to the gym or go out for a walk. Ideally, I'd be doing more of that.

 **14:53**
Edosa
Right. Right. Slightly, not quite, that's not quite aligned to what's happening at Maven. Let, let's, let's let's switch the switch ever so slightly now to find the evenings. What, how do you spend your Sunday?

 **15:06**
Dora
I don't know that I have a specific routine recently with some family members that are visiting. We spend Sunday evenings, maybe watch a movie and just try to just try to relax and get into the mind space of, okay. This is closing the weekend and getting into the mind space of, okay. It's getting into the workweek. Just thinking more now that there is several, there's a mental break from the day-to-day work life on the weekend, but just start to get, relax . So, full of energy Monday morning into the work routine.

 **15:52**
Edosa
Okay. I think you will be expecting this one, but how would you spend your ideal Sunday evening?

 **16:00**
Dora
I wish my kids were closer. They're in college, so I don't get to see them as much. Ideally they'd be around that would be playing a game or watching a movie or just spending whatever, eating together, cooking together, just spending time together. With them being almost adults now, 20 somethings, I don't get to see them as much. That's what ideally I'd love to be able to do.

 **16:25**
Edosa
Well. I hope I hope they listen to this. Maybe then maybe they make some adjustments.

 **16:32**
Dora
Well, they're in college, so I don't know that every Sunday evening they'll be able to, but it'd be nice to have more time. I found Sunday.

 **16:40**
Edosa
A little bit more. Okay. There you go. I get that, that closes that little section there, but so now this is kind of switching. I think this is thinking of this. I was like mixed by it. Not, not so quick. There's some quick fire, some quick, like first one exercise or diet.

 **16:58**
Dora
Of both, but if I were to choose, I think the one that has the biggest impact is a healthy diet. Not as saying, okay, I'm going on a diet right now, but a diet in terms of the foods that I would choose to just consume and nurture my body with. So I follow a Mediterranean diet. I eat anything and everything. I eat a lot of bread. I love chocolate ate ankles and everything. Try to stay away from greasy things, but yeah, exercise and diet, but again, just making healthy, eating part of life. I think that's my choice yet.

 **17:37**
Edosa
I liked that. I like that. Okay. So this one is interesting. W what do you do to decompress?

 **17:47**
Dora
Try to get some alone to just think that could be just going in a walk. Even if I listen to a podcast just decompress, or even just now listen to podcast or music, just time with me, myself and I, so to speak just some quiet time to decompress. Sometimes it's listening to music, sometimes it's cooking, but the common denominator in all of these different types of activities is just being me in my head. Just reflecting and thinking, not really being in discussions and talking with other people at that time.

 **18:27**
Edosa
More kind of me-time.

 **18:29**
Dora
Quiet time. Yes.

 **18:31**
Edosa
Okay. Okay. This might be a quick one cycle or car.

 **18:37**
Dora
Car.

 **18:38**
Edosa
Okay. Okay. Definitive, what would you bring on a one way trip to Mars?

 **18:46**
Dora
Well, I don't know that it would be the first one to sign up, to go to Mars to begin. If I were to go ever to Mars, what would I bring just my phone to be able to take video and pictures as much of that as possible. I wouldn't really get through that. I really value because, Hey, there's still the fear of the unknown. If there is ever a risk of any harm happening, something happening on that trip, I wouldn't want to bring anything really valuable to me leaving or otherwise that might be hurt. Yeah, I'd have to sign up to go to March 1st. So.

 **19:29**
Edosa
Right now.

 **19:30**
Dora
That I've been doing that,

 **19:32**
Edosa
This is very thought through and calculated. I like that. I really like, okay. We're switching away from liquid, the quickfire wellbeing piece now, and almost within, well, all this at the end, actually of the person and obviously beyond the past, and what we'll do is switching to the really meaty stuff in the professional. Okay. There's a little section headed that of leads into that. So quickfire Predominantly quick fire knowledge. Okay. So Traditional paperbacks or tech apps,

 **20:08**
Dora
I enjoy reading a paperback, but in reality, I read more just on my laptop, but I really enjoy holding the book and reading it.

 **20:22**
Edosa
Okay. That's a preference, but it's a reality check piece. Got it. Okay. What is your go-to source of knowledge?

 **20:35**
Dora
It's, everything is so abundant with access, obviously to all of the resources aligned these days. I don't know why I have a go-to. I mean, you could send anything by has to do. Let's say with data, anything around and analytics. I love data. Versiti done anything. They have a, a great site there. If it's, anything about leadership, about the college, about whatever other topic. I don't know that I have like a go-to it's whatever can give me the information that I'm looking for. I can easily find it and it's simple, simply communicated, articulated, and I can follow it and I can just understand it, that's how I go about that.

 **21:17**
Edosa
Sounds good. I'm like a fragrance on me to what end, what we're trying to achieve. I like it. Okay. Another quick one create a, you, this is about you now, the way you kind of, I suppose it's a bit of a binary, but let's se how would you creator or consumer.

 **21:39**
Dora
I'm a learner. I do both, but I think I'm a bigger consumer. Even like you asked before source where you go to for knowledge, so other than online, and then just the redone. The other thing that I should mention is people that I trust that I respect or their perspective in an area, colleagues, family, friends, just people that my, that I believe might know something more than me, or just interested in their perspective. I go to that as well, but I think, yes, I, I consume more than I create. To be honest, it's just a timing thing too. I'd love to be able to create more content, but frankly speaking, there's just not a lot of free time to do that.

 **22:29**
Edosa
Yeah. It's, it's incredible that just trying to find a lot of time to fit everything in is it is challenging.

 **22:36**
Dora
It's a challenge.

 **22:39**
Edosa
Okay. Well, Dane, well, the last one in the personal might be little bit controversial Human versus machine.

 **22:52**
Dora
I would say human and I'm you see me hesitant because I'm trying to understand where the question is coming from. I mean, if you're asking me, Hey, choose between humans and machines, obviously human, personal relationships, being able to just like we do right now, talk to each other. That being said, technology, when it's used for the right reasons, it can help make our life more efficient or more effective, easier. Absolutely. At mentor experiences, if it's a choice, I would stick with people.

 **29:26**
Edosa
Wow. Just featuring even anywhere around the first thing as you thought about is it's incredible. So that's humbling. Humbling. Okay. Okay. So your children and annotation. Okay. So what keeps you up at night?

 **29:46**
Dora
Not many things because I tend to not let things get to the point that really keeps me up and I really always have to worry about them. I try again, to fall off all through. Now, let things fall through the cracks. It doesn't typically get to a panic or being very anxious. That being said, there are situations where there's just a lot going on. Actually this week has been kind of an intense week for me, just culminating coming to a big decision and what keeps me up at night, just making sure that is this the right decision. Am I right? You know, making the right impact. In many cases, when it comes to that, it's also about influencing other folks to see, for example, if I believe something, how do I make this in very simple, relatable terms, make it easy for the other folks to understand.

 **30:40**
Dora
I'm better able to influence which means it makes me feel that yes, I'm doing the right thing. I'm making progress, I'm making the right impact. Those are the kinds of things that if I ever like really step online at night that's, that would be it.

 **01:14:12**
Dora
I'll tell you a story about that. This was a long time ago. This was back in the nineties. The worst professional advice I got is when, from a leader at the time, and they're going to say someone was working for, I actually asked for a raise because I thought I deserved it. I went in with my arguments and this person just said no. I said, but look at the data, look at the arguments. The response I got was I'm here. You're there. Don't push back to what I just said. And I said, okay. And two weeks later I resigned. I took two weeks. I interviewed four different companies. I think I got multiple offers. I chose one. I left and ended up getting a better role with more change to my compensation package. If my base salary more than what I was asking for that I thought I deserved.

 **01:15:09**
Dora
So yeah. Worst advice is I'm here, you there. I'm the other way, regardless of title, regardless of everything, do we work together? How can we get things started respecting one another. So yeah, that was not good advice. And I did not follow.

 **01:15:28**
Edosa
No, it didn't doesn't sound anywhere near great, but to be honest,

 **01:15:34**
Dora
Oh, I can still visualize the moment actually. The person who literally doing this with his hands. Wow.

 **01:15:41**
Edosa
Wow. That's just incredible. W we're literally at the end, we're at the end of the interview and the only last thing, the last thing to ask them that the very last question is, would you recommend this to anyone else?

 **01:15:57**
Dora
I think it's a great experience. It goes back to what I was saying before with practice and trying things, put yourself in situations to keep on practicing and learning new skills. I think it's, yeah, it's been a great experience. Thank you, dosa. I'm I'm honored, thank you for the opportunity to be here and share some of my learnings or experiences over the years. I really do appreciate it. I would say yes, I recommend it highly.

 **01:16:29**
Edosa
Okay. Thank you. Thank you very much. Dora, thank you so much. If you had to wake up quietly to do this for us, and you've spent, UFC given us very valuable time and of course, very valuable, content as well. Really I think this is this packful with very, it's a valuable stuff. So thank you very much, indeed. Really appreciate it. And I think this is this. This has been helpful to me and I'm sh I'm no doubt is going to be helpful to everyone listening just now.

 **01:17:01**
Dora
I, I hope so. It's been my pleasure and I do hopefully there's a couple of tidbits here that helps someone it's been my pleasure. Thank you.

 **01:17:11**
Edosa
Thank you. Okay. I'm going to stop recording now. Recording.

 **01:17:20**
Dora
Stopped.

 **01:17:22**
Edosa
Wow. That was incredible. Thank you very much.

 **23:27**
Edosa
Yeah. I think I might too. Okay. That actually concludes the person that we've done well, and that was switching, actually switch it actually down to the meaty professional as a section, You get a case that's on. This first piece here is really what you actually, what you do for work. It's interesting. We quite straight into this interview without actually going into what you do. Right. And, and so had the opportunity. So what is your actual occupation?