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Driving
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Article

Digital Marketing
Strategies For
Success

RANI
Bisal

A Philanthropic
Leader and a Global
Business Transformation Strategist



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Kaur Lass

**A State-of-the-Art Leader in Spatial Planning
who is now disrupting the Field of Mental
Wellness with a new proactive approach.**

Meet an iconic personality, Kaur Lass, the Managing Director of Wellness Orbit. With more than two decades of experience in spatial planning, Kaur has been actively involved with more than 450 different spatial plans. Additionally, Kaur is an exceptional entrepreneur blending his entrepreneurial skills with mental wellness related knowledge. With such an incredible skillset and action-driven approach, Kaur's journey as an entrepreneur is remarkable. In this interview, he shares his self-development-driven professional journey, his company and its objectives, his inspirations, the obstacles he faced, and a key piece of advice. Let's dive into this insightful interview with Kaur Lass.

Can you share a brief overview of your professional journey and how you started in your field?

I used to be involved in spatial planning and environmental consulting. This meant a lot of public meetings demanded that I find a way to deal with different external pressures.

Hence, I needed to keep my inner calm in difficult situations. As intrapersonal skills aren't taught in school, I needed to discover how to lead different inner processes. Practical needs, modern psychology, and awareness studies paved a path to improving my self-leadership. As I was married to a psychiatrist at the time it sparked mutual interest in developing a proactive mental wellness approach that everyone can learn and apply. So, in our partnership, a modern mental wellness gym for training the mind – Wellness Orbit – was born.

Once you learn the basic intrapersonal skills life and work become greatly easier. As I now know how to maintain inner calmness and focus it enables me to make this new proactive mind health approach visible and understood. Sharing insights on what allowed me to stay mentally fit and well motivates me. I have never suffered from chronic stress or mental health issues. So now I want to share the message that burnout and work-related mental health issues are fully preventable. However, this is realistic only when you learn intrapersonal skills while you are well.

Guiding Aims and Ideals: As an individual and a professional, what core aims and ideals do you prioritize that shape your decision-making and work approach?

I train my mind and start every day with inner silence. I am a fan of responsibility as it is the ultimate source of freedom. My primary aim is to help individuals learn how to keep their minds calm and fit. This becomes real only when people learn practical and applicable intrapersonal skills. Once you have great self-leadership skills, taking personal responsibility becomes easy. I explain that

response-ability is your capacity to make conscious choices. When personal life and work shift from habits and reactivity to conscious decision-making, life flows better.

What sets you apart from your competitors in the industry? How do you differentiate your approach to create a unique value for your clients?

Wellness Orbit has developed a systematic proactive mental wellness approach. It comes in an online learning format and enables people to train their minds proactively. It is like going to the gym, only instead of teaching your physical body, you train your mind by learning new intrapersonal skills.

Addressing mental health issues before they become health problems, is a novel approach. Systematic proactive mental wellness hasn't existed. This is a mental wellness revolution set to enable individuals to maintain fit minds and inner calmness by providing practical and easy-to-use intrapersonal skills.

Could you highlight the top-notch offerings of your company that clients find most compelling? Our most sought-after online training program currently focuses on stress reduction and burnout prevention. It allows people to discover effective strategies to manage stress and maintain mental well-being by understanding better our intrinsic laws. It is intrapersonal education for grown-ups in a format that makes work and life easier.

What are the long-term objectives you have set for your company, and where do you envision the growth and evolution of your business in the coming years?

My long-term objective is to make the new proactive mental wellness approach desired by employees and employers alike. Making the benefits of mental wellness understood is a great challenge and I hope people realize this. Once they do, we can remove toxic workplace problems and heal as a society.

Can you provide insights into some of your ongoing projects? What makes these projects particularly exciting or challenging?

The whole new proactive mental wellness approach, as such is a challenge, as no one has cracked it and made it something desirable. This challenge keeps me going even after eight years of working with it! It is challenging as even our schools have no mental wellness lessons and the whole approach is thus something that constantly needs explanation.

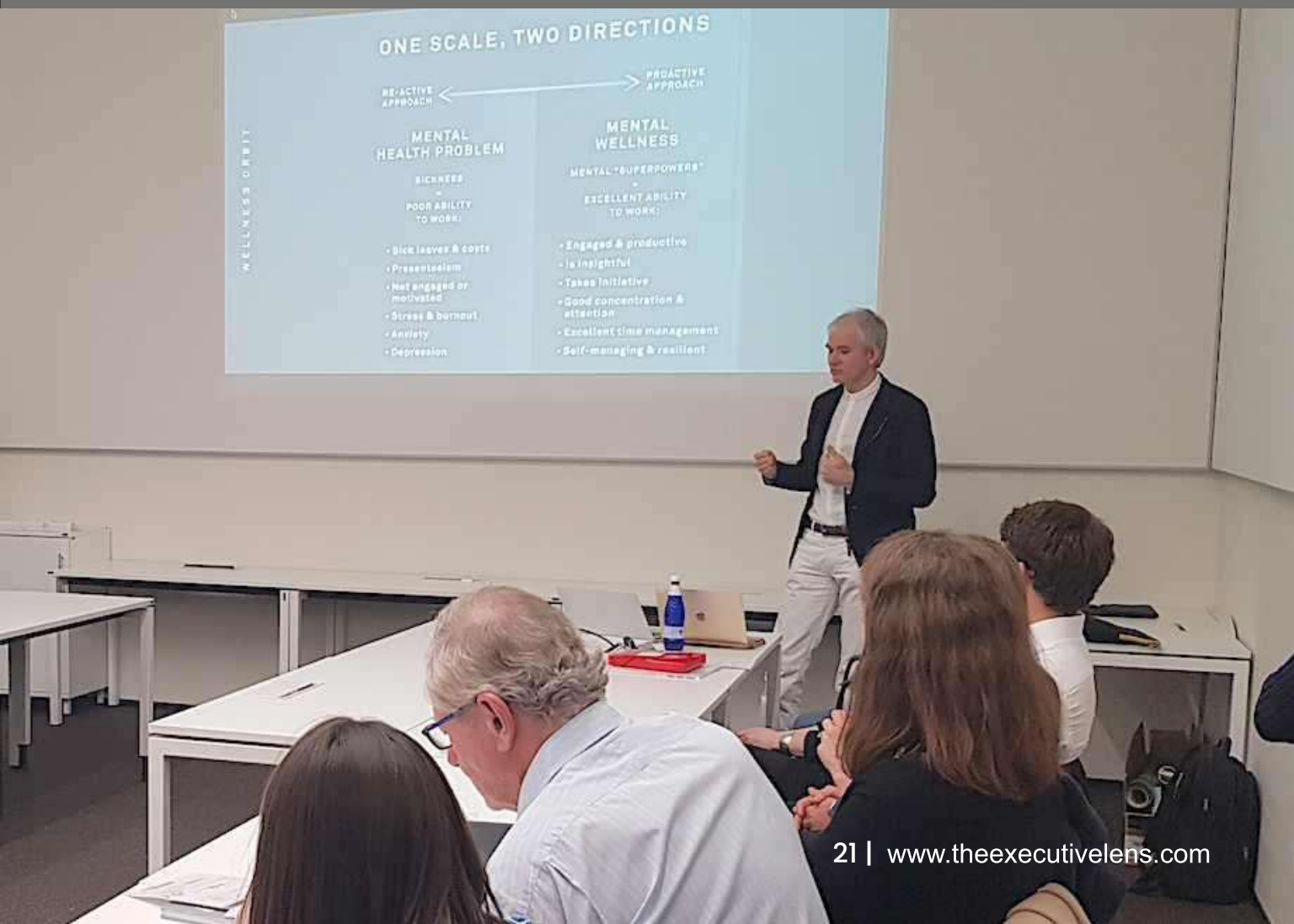
Who in your life serves as a significant source of inspiration, and how have they influenced your career and personal development?

My inspiration is to learn to observe different processes in your mind and body in a way that permits me to discover how to lead those processes

consciously. Before Arnold Schwarzenegger gained worldwide fame as a Hollywood action film icon or governor, he and the world also struggled to see physical fitness and gym training as something treasured and desired. He never gave up and as a successful outcome, we presently consider regular exercising of our bodies normal. This story inspires me to make training of our minds something desired as well.

Share some notable recognition and accreditation received by both yourself and your organization. How have these accolades contributed to your professional journey?

The best global recognition is that our co-founder Dr. Helena Lass had Routledge publish her scientific paper 'Developing Intra-Personal Skills as a Proactive Way to Personal Sustainability – The





Preventative Side of the Mental Health Equation'. In this paper, Dr. Lass outlines a new proactive approach to mental health as something that everyone should actively strive towards.

Reflecting on your career, what have been the most formidable obstacles you faced, and how did you overcome them?

I see all obstacles as challenges. Most challenges have unique solutions, but when you are present, conscious, and have good intrapersonal skills, you can solve them calmly. The greatest challenge I have is making the mental wellness revolution visible and training our minds desirable!

How do you define success in your career, and how long did it take for you to achieve what you consider a successful position in your field?

Success is when you have a calm mind and can work for a cause close to your heart and have healthy personal relations while doing it. I am still working on the success of the mind health revolution; it has now been 8 years and I still wake up inspired to keep going! For me the miracle of doing it without a salary is success.

Advice for Aspiring Leaders: What advice would you offer to the next generation of aspiring leaders, especially those looking to enter the construction and design industry?

What helped me was keeping my mind fit and well. Nothing matters when you are stressed, anxious, or burned out and have lost your health. Be proactive about your mental wellness and physical health. Also, be kind and supportive to those who truly matter to you. Keep your heart open, and mind sharp, and remember, it is easier when you have good intrapersonal skills. Those awareness-based inner skills have always allowed me to find inspiration and to remain well. 🧘

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.





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