

Happy
Eid Mubarak

KGOC Management would like to take this opportunity to congratulate all employees for the occasion of the forthcoming Eid Al-Fitr and wish you happy holidays. God bless Kuwait and its people.

Congratulation:

Human Resources Group would like to congratulate Mr. Mohammad Salem Al-Haimer who had appointed as Deputy Chief Executive Officer (Joint Operations) effective from May 2nd 2019. We wish him all the very best in his new assignment.



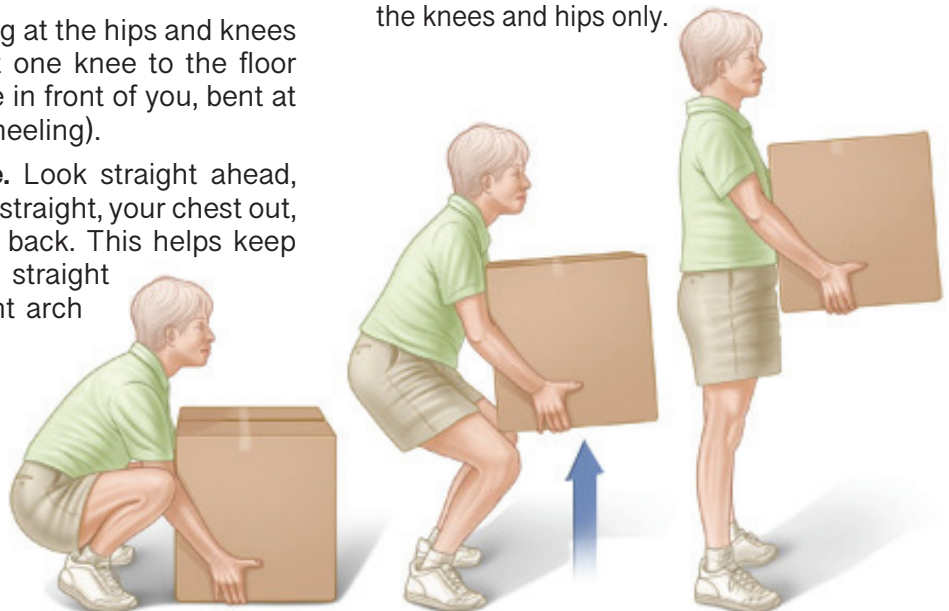
HSSE "Message"

Proper Lifting Technique

Follow these tips to avoid compressing the spinal discs or straining your lower back when you are lifting:

- **Keep a wide base of support.** Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).
- **Squat** down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- **Keep good posture.** Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
- **Slowly lift** by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.

- **Hold** the load as close to your body as possible, at the level of your belly button.
- **Use your feet** to change direction, taking small steps.
- **Lead with your hips** as you change direction. Keep your shoulders in line with your hips as you move.
- **Set down** your load carefully, squatting with the knees and hips only.





"Our way of staying in touch"

June 2019

Dynamics of Leadership (Leaders are Born or Made?)



- Leadership is the ability to influence others to get results.
- Great leader is who figures out how to harness the collective genius of his / her Team.
- Leaders are those who have visions, passion for success, displayed high level of persistence, overcame significant obstacles, attracted dedicated people, influenced groups of people toward the achievement of goals and played key roles in guiding their companies through crucial episodes in their history.
- The most effective & successful leaders will use the style that is most appropriate to the situation !!!
- Leadership = Respect x Trust.
- Respect is based on Knowledge and Skills, while Trust is based on Concern for People's Feelings & Needs.
- Every successful Leader MUST have both; **Gifted Skills** (e.g. Vision, Creativity, Influence, Charisma etc.) and **Earned Skills** (e.g. Coaching, Team Building, Setting Goals & Direction etc.).
- Leaders are CLOCK Builders and others are just telling time.
- Waiting for a "Great Idea" is "Bad Idea". **Be the Leader, Act like the Leader!**

HR "Tip of the Month"

Don't wait until everything is just right, it will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So get started now. With each step you take, you will become stronger, more skillful, more confident and more successful. **Be yourself and trust your capabilities.**

JUNE 2019						
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Humor of the Month

A man joined a big multinational company as a trainee. One his first day he phoned the Cafeteria and shouted "Get me a coffee quickly!" the voice from the other side responded. "You have dialled the wrong extension! Do you know who you are talking to?" "No", replied the trainee. "I'm the Managing Director of the company!" the man shouted back, "And do you know who you are talking to?" "No." replied the Managing Director, "GOOD!" replied the trainee.

