

MONEY WEEKEND



#003

Sunday, October 05, 2024

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PREPARING FOR THE 2024 FARMING SEASON: A GUIDE FOR SMALL-SCALE FARMERS

As the 2024 farming season approaches, small-scale farmers must adopt strategic planning and preparation techniques to ensure a productive and profitable year.

THE KINGDOM OF MWENDAMWALIMWA PART II PG2

CAREER DEVELOPMENT: PRACTICAL ADVICE FOR JOB HUNTING PG7

7 BOOKS TO SPARK ENTREPRENEURIAL SPIRIT THIS HOLIDAY SEASON PG9



WORK-LIFE BALANCE: STRATEGIES FOR MANAGING STRESS, ACHIEVING BALANCE, AND PREVENTING BURNOUT

In today's fast-paced, always-on world, maintaining a healthy work-life balance can be challenging. Many people struggle with balancing their career aspirations and personal lives, often leading to chronic stress and burnout. Learning how to manage these challenges is critical for long-term well-being and happiness. In this article, we'll explore strategies for managing stress, achieving a healthy work-life balance, and preventing burnout.

Work-life balance refers to the equilibrium between personal life and professional commitments. While everyone's version of balance looks different, the overarching goal is to ensure that neither aspect of your life, work or personal, dominates the other. A good balance fosters well-being, helps maintain strong relationships, and promotes productivity. On the flip side, a lack of balance can lead to stress, mental health issues, and burnout,

affecting both personal happiness and professional performance. Before diving into strategies, it's essential to recognize the signs of an imbalance:

Chronic Stress: Constantly feeling overwhelmed or anxious about your workload.

Burnout: A state of emotional, physical, and mental exhaustion caused by prolonged stress.

Declining Health: Frequent headaches, fatigue, or difficulty sleeping.

Neglected Relationships: Feeling distant from family or friends, or lacking time for meaningful connections.

Decreased Productivity: A drop in work performance despite working long hours.

Recognizing these signs is the first step to regaining control over your work-life balance.

Here are some strategies for managing stress and achieving balance:

Set Boundaries: One of the most effective strategies for

maintaining balance is establishing clear boundaries between work and personal life. This could include setting specific work hours and not responding to work-related messages after those hours. When working from home, designate a workspace and "leave" work mentally when the day ends. This helps prevent work from bleeding into your personal life.

Prioritize Time Management: Effective time management is critical in balancing work and personal commitments. Prioritize tasks using the Eisenhower Matrix (urgent vs. important) to identify what requires immediate attention. Delegate tasks where possible and avoid multitasking, as it can decrease productivity. Consider scheduling your personal time just as you would work meetings to ensure it doesn't get overlooked.

Practice Mindfulness and Relaxation Techniques: Stress management is vital for maintaining balance. Mindfulness practices such as meditation, deep breathing exercises, and yoga help reduce stress and allow you to remain present. Taking a few minutes each day to practice mindfulness can create a mental buffer between work pressures and personal life.

Take Regular Breaks: Regular breaks throughout the workday help reduce stress and increase productivity. Whether it's a five-minute walk, stretching exercises, or a lunch break away from your desk, stepping away allows your mind to recharge. The Pomodoro Technique, where you work for 25 minutes and then take a five-minute break, is a helpful structure to ensure balance during the workday.

Embrace Flexibility: The ability to adapt to changing circumstances is key to managing work-life balance. If your employer allows for flexible working hours or remote work, use these opportunities to your advantage. Work-life

balance doesn't necessarily mean a strict separation; it can involve finding a rhythm that allows you to juggle both aspects of life with ease.

Learn to Say No: Overcommitting is a common cause of stress and imbalance. Saying no to extra work, social engagements, or responsibilities that are not essential can help maintain a sense of balance. Understand your limits and avoid the guilt of declining requests when necessary.

Develop Hobbies and Interests: Personal fulfillment outside of work is critical for mental well-being. Developing hobbies, whether creative, physical, or social, helps disconnect from work-related stress and provides joy. This also reinforces that your identity is not solely tied to your professional life.

Seek Support: When stress levels rise, seeking support from family, friends, or a professional therapist can be immensely helpful. Speaking about challenges allows for the emotional release of built-up tension and provides outside perspectives on how to navigate work-life conflicts.

Exercise Regularly and Eat Healthily: Physical activity is one of the most effective stress busters, improving both mental and physical health. Incorporate regular exercise into your routine to boost mood and energy levels. Likewise, a balanced diet rich in nutrients can help sustain your energy and focus throughout the day.

Disconnect from Technology: The digital age blurs the line between work and home life, making it harder to disengage. Setting boundaries around screen time—such as avoiding checking emails after work hours or turning off notifications—helps reclaim personal time. Make time to be fully present in moments without the distractions of work or technology.

Burnout occurs when chronic stress becomes overwhelming and leads to

feelings of helplessness, detachment, and exhaustion. The key to preventing burnout lies in proactive stress management:

Recognize Early Warning Signs: Be mindful of increasing irritability, exhaustion, or decreased interest in activities you once enjoyed.

Delegate and Share Workload: If you're overwhelmed, speak up and ask for help. Trying to do everything yourself can accelerate burnout.

Take Time Off: Vacations or time away from work are essential for recharging your mental and emotional batteries. Regular breaks, even if they are short, can prevent long-term burnout.

Celebrate Achievements: Acknowledge your successes—both big and small. Celebrating progress helps maintain motivation and keeps the momentum going without feeling overworked.

Achieving a healthy work-life balance is an ongoing process that requires conscious effort and continual adjustment.

By setting boundaries, managing time effectively, and taking care of your physical and mental health, you can navigate stress and prevent burnout.

Remember, balance isn't about dividing time equally between work and life; it's about ensuring both aspects coexist harmoniously for long-term well-being.

THE KINGDOM OF MWENDAMWALIMWA

PART II *By Macphersson Mutale*



King Fonkofonko had ruled the vast and fertile kingdom of Mwendamwalimwa for 27 long years. His reign had started with great promise, but over time, the people grew weary of his ways.

Whispers of hunger echoed through the valleys, and the once flourishing fields withered under his rule. As the winds of change swept through the kingdom, the people gathered in a great assembly and, with a united voice, they removed King Fonkofonko from the throne. In his place, they crowned King Kafupi, a man with a silver tongue and grand promises.

As Fonkofonko departed from the palace, his face worn and gaunt, he warned the people of Mwendamwalimwa, "You laugh at my sunken face now, but soon your bellies will be as flat as pebble stones. Hunger shall visit you like an uninvited guest." Despite his ominous words, the people embraced King Kafupi with

hope and anticipation. He vowed that his rule would be one of transparency and abundance. He spoke of a kingdom where anyone could own land, and the dreaded bakapasos, the royal enforcers, would no longer intimidate the citizens.

Kafupi opened the gates of Mwendamwalimwa to traders from distant lands, inviting foreign merchants to flood the markets with goods that had been scarce for years.

The once elusive apples, whispered about in fireside tales, were now stacked high in every market stall.

Buses and new shops appeared as if by magic. The kingdom was alive with activity, a far cry from the stagnant years under Fonkofonko's reign. Kafupi also decided to tackle the housing issue.

The royal houses, once the property of the crown and rented out to the people at a modest price, were now

up for sale. With the wisdom of a king who knew his people well, he offered these houses at the price of two chickens or a goat. Yet, in his generosity, he asked his subjects to convert these animals into money, so they would not burden themselves with barter. The people sang Kafupi's praises, for now they owned the very roofs over their heads.

King Kafupi became a beloved figure, not just in his own kingdom, but across the known world. His eloquent speeches about democracy, freedom, and the rights of the people earned him invitations to speak in other kingdoms.

He was hailed as a visionary, a leader who had overthrown a self-proclaimed earthly god in Fonkofonko and replaced him with the will of the people. Mwendamwalimwa's new rule limited kings to just two terms, and Kafupi proudly championed this law, saying that no king should rule indefinitely.

However, beneath the surface of his charm and wit, there were whispers about King Kafupi's ruthlessness. Legends grew around the palace, stories of those who had crossed him and mysteriously disappeared. His hunger for luxury became well known; he wore the finest silks, dined on the rarest delicacies, and took frequent drives through the kingdom, eluding his royal guards for secret escapades.

One of these legendary tales involved a young damsel from the burgeoning suburb of Pamwala. The Present Newspaper, always on the hunt for a story, had planted spies near her home, suspecting something was amiss.

One night, after ensuring he was not being followed, King Kafupi made his way to the damsel's house. But as she opened the door of his chariot, the journalists snapped photos of the king in an intimate embrace. It was a scandal waiting to explode. Yet, when the photos reached Ted, the owner of The Present, he chose not to publish them. It is said that Ted kept these images as leverage, a sword that hung over Kafupi's head whenever the king considered silencing the newspaper. The delicate balance between power and exposure was maintained through an unspoken understanding between the king and the press. As Kafupi's ten-year reign progressed, so did the intrigues around him. He was said to have taken the wife of a village headman, paying him off when the headman protested. Another man, accused of flirting with the queen mother, found himself thrown into the dungeons, never to be seen again.

These were the tales that swirled around Kafupi, casting shadows over his otherwise glowing legacy. But time, as it does with all men, caught up with Kafupi. As his second term neared its end, he crafted a plan.

He whispered to his closest advisors about seeking another five years on the throne.

Yet, the people of Mwendamwalimwa, having been deceived by Fonkofonko for 27 years, were not willing to be fooled again.

Realizing his plan would not succeed, Kafupi turned his attention to finding a successor. The royal court was rife with power struggles.

Each member of the Royal Council vied for Kafupi's favor, hoping to be the one chosen to wear the crown. But Kafupi, knowing the nature of the snakes that surrounded him, could trust none of them. They were cobras, ready to strike at a moment's notice.

In the dead of night, Kafupi remembered an old friend — Nkabechi, a man who had once been his chief advisor but had fallen out of favor when he disagreed with the way the kingdom's wealth was being shared. Nkabechi had long since retired to a quiet life of farming, but Kafupi, ever the political dribbler, knew this was the man he could trust.

The following morning, Kafupi made a shocking announcement. Nkabechi, the humble farmer, would be his successor. The kingdom erupted in pandemonium.

Many felt betrayed by Kafupi's decision, believing he had chosen a man who had long abandoned the ways of court life. But Kafupi stood firm, declaring that he had chosen what was best for the kingdom, not what was popular.

And so, the legend of King Kafupi grew, a man who had charmed his way to power, dribbled past his enemies, and, in the end, left the kingdom in the hands of a forgotten farmer.

End of Part II – Look out for Part III



THE KWACHA THIS WEEK

This week, the Zambian Kwacha experienced some fluctuations against major currencies like the U.S. Dollar, maintaining a general trend of volatility.

In terms of specific movement, the Kwacha dropped slightly by 0.267% over the past seven days. The highest point this week was ZMW 26.52 against the USD, while the lowest was around ZMW 26.23. The Kwacha traded around ZMW 26.40 to USD 1, showing slight depreciation compared to previous weeks, but still within the same range.

Factors affecting the currency's performance include fluctuations in copper prices, global economic conditions, and investor sentiment toward Zambia's fiscal policy. Despite the short-term challenges, economists remain cautiously optimistic about the currency's longer-term outlook. Volatility remains a challenge for

businesses that rely heavily on a stable Kwacha. They predict a potential rebound, driven by the revival of key sectors such as mining, with increased foreign investment expected to stabilize the exchange rate. However, short-

PRACTICAL WAYS TO TEACH CHILDREN ABOUT MONEY AND FINANCE



Teaching children about money and finance is essential for their future independence and financial literacy. In an increasingly complex economic landscape, equipping kids with the knowledge and skills they need to manage their

finances is crucial. Here are some practical ways to introduce these concepts to children of various ages.

Start Early with Basic Concepts
Introduce financial vocabulary and basic concepts as soon as your child

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Start Early with Basic Concepts
Introduce financial vocabulary and basic concepts as soon as your child can understand simple terms. Use everyday situations to explain money concepts. For example, when shopping, discuss prices, discounts, and the importance of making choices based on what they can afford.

Activities:
- **Play Store:** Set up a pretend store at home with toys and other items. Use play money to teach about buying and

selling.
- **Coin Identification:** Teach kids to recognize different coins and their values through games and activities.

Incorporate Savings into Daily Life
Teaching children the importance of saving money can be done through simple practices. Encourage them to save a portion of their allowance or any money they receive as gifts.

Activities:
- **Savings Jar:** Use a clear jar to visually demonstrate how savings grow over time. Kids can see their progress as they add coins and bills.
- **Goal Setting:** Help children set savings goals for items they

selling.
- **Coin Identification:** Teach kids to recognize different coins and their values through games and activities.

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Activities:
- **Savings Jar:** Use a clear jar to visually demonstrate how savings grow over time. Kids can see their progress as they add coins and bills.
- **Goal Setting:** Help children set savings goals for items they want. This teaches patience and the value of working toward a financial goal.

To be continued...



ZIBIIKA COMPETITION!



TELL US ABOUT YOUR BUSINESS
& STAND A CHANCE TO GET ONE
MONTH FREE ADVERTISEMENT!



Every month, a small or medium business will be promoted on Money FM. The business will be chosen through a combination of public nominations and internal selection. The winning business will receive a month's worth of free advertising airtime on Money FM.

Rules and Regulations:

1. Eligibility:

- o Must be a small business registered in Zambia.
- o Must have been operating for at least six months.
- o Cannot be a subsidiary or affiliate of a larger corporation.

2. Selection Process:

- o Selection will be based on factors such as:
 - Business story and impact on the community
 - Innovation and creativity
 - Customer satisfaction and reviews
 - Overall business viability

3. Advertising Airtime:

- o The winning business will receive a month's worth of free advertising airtime on Money FM.
- o The airtime will be used to create and broadcast radio commercials and live programs.
- o The winner will also be featured on our social media and digital publications including Money Daily.

The Money FM 'Zibiika SME' competition is a platform designed to showcase small businesses, to strengthen their connection with the community.



THINK BUSINESS

DID YOU KNOW?

THAT ZAMBIA IN 60 YEARS..



1. Population Increase: Zambia's population has grown from approximately 3.5 million in 1964 to over 19 million today.

2. There has been Economic Transformation: Zambia has transformed from a primarily agricultural economy to a diversified economy with major industries in mining, manufacturing, and services.

3. There has been Improved Life Expectancy: Life expectancy has increased from around 40 years in 1964 to over 63 years today.

4. Has seen Increased Access to Education: Zambia has made significant strides in expanding access to education, with the number of schools increasing from 1,500 in 1964 to over 7,000 today.

5. Multiparty Democracy: Zambia transitioned from a one-party state to a multiparty democracy in 1991, with the first multiparty elections held in 1991.

6. Has seen increase in Women's Empowerment: Zambia has made progress in promoting women's rights and empowerment, with women now holding key positions in government, business, and civil society.

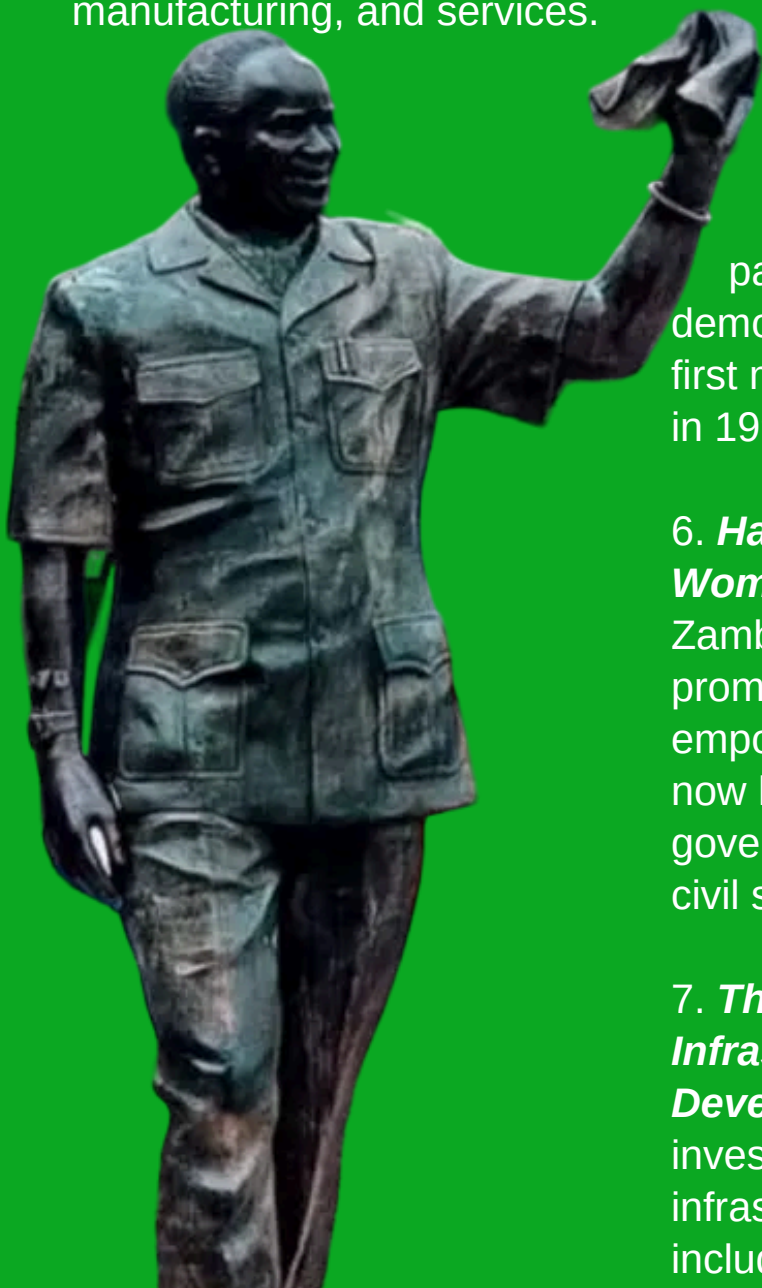
7. There has been Infrastructure Development: Zambia has invested heavily in infrastructure development, including roads, bridges,

airports, and energy generation.

8. The Tourism Sector's Growth: Zambia's tourism industry has grown significantly, with visitors attracted to the country's natural beauty, wildlife, and cultural heritage.

9. Has made significant Agricultural Advancements: Zambia has seen significant advancements in agricultural production and productivity, with the sector remaining a key driver of the economy.

10. Has enjoyed Peace: Zambia has been a peaceful country, with no major conflicts or wars in the last 60 years.





CAREER DEVELOPMENT: PRACTICAL ADVICE FOR JOB HUNTING

Job hunting is a vital part of career development, whether you're entering the workforce for the first time, looking for a career change, or seeking to climb the ladder in your current field.

While searching for a new job can feel overwhelming, having a strategy in place can make the process more manageable and increase your chances of landing the right role. Here are key steps and advice to guide you through successful job hunting.

- Self-Assessment: Know What You Want
- Before diving into job applications, take the time to reflect on what you want from your career. Consider your skills, values, and interests. Ask yourself:
- What are my strengths? What skills or experiences do I bring to the table?
- What motivates me? Are you driven by financial rewards, job stability, or the chance to be creative?
- Where do I want to be in five years? Understanding your long-term career goals can help you identify the right opportunities.
- What type of work environment suits me? Whether it's a corporate setting, a startup, or remote work, knowing your preferences can help target your search.

- Taking stock of your needs and strengths will give you clarity on the type of roles and companies to apply for, allowing you to focus your efforts on jobs that align with your career goals.
- Update and Tailor Your Resume and LinkedIn Profile
- Your resume and LinkedIn profile are your primary marketing tools in the job search. Make sure they are current and highlight your most relevant experiences.
- Keep it concise and targeted. Focus on recent experiences and relevant skills. Customize your resume for each job application, emphasizing the skills and achievements that match the job description.
- Use keywords. Many companies use applicant tracking systems (ATS) to screen resumes. To pass through these systems, your resume needs to contain the right
- keywords from the job description.

- keywords from the job description.
- Quantify achievements. Instead of saying, "Managed a team," say, "Led a team of 10 to achieve a 20% increase in sales over six months." Numbers grab attention and provide clear evidence of your impact.
- Your LinkedIn profile should reflect your resume but can be more personal. Use it to build a professional network and showcase your expertise, even when you're not actively job hunting.
- Networking: The Hidden Job Market
- Many jobs are never posted publicly and are instead filled through networking. Building and maintaining professional relationships can open doors to opportunities you may not otherwise hear about.
- Leverage your existing network. Reach out to former colleagues, mentors, or acquaintances in your industry. Let them know you're on the lookout for new opportunities.
- Attend industry events. Whether virtual or in-person, networking events, conferences, or job fairs can connect you with industry professionals and potential employers.
- * Engage on social media. Join LinkedIn groups related to your field, comment on industry-related posts, and participate in online
- Engage on social media. Join LinkedIn groups related to your field, comment on industry-related posts, and participate in online discussions. Being visible and active in your industry increases your chances of getting noticed.
- Remember, networking isn't just about asking for favors. It's about building genuine connections, offering help where you can, and staying in touch regularly.
- Research the Job Market and Potential Employers
- It's important to understand the industry landscape and the companies you're interested in. This will help you target your job search more effectively and demonstrate a genuine interest in potential employers during interviews.
- Follow industry trends. Stay updated on market trends, company mergers, or emerging technologies. Understanding what's happening in your industry will help you tailor your application and conversations with potential employers.
- Research companies. Make a list of companies you admire or would like to work for. Investigate their culture, mission, and current challenges. When it comes to the interview stage, showing that you've done your homework will set
- you apart from other candidates. Prepare for Interviews: Be Ready to Sell Yourself
- Landing an interview is a significant step, but preparation is key to securing the job. Start by familiarizing yourself with common interview questions and be ready to articulate your experiences clearly.
- Practice behavioral interview questions. Many interviewers use questions like, "Tell me about a time when you faced a challenge at work and how you overcame it." Use the STAR method (Situation, Task, Action, Result) to structure your answers.
- Research the company and role. Make sure you understand the company's products, services, and market position. Tailor your answers to demonstrate how you can solve the company's problems or contribute to its success.
- Prepare your own questions. Interviews are a two-way street. Asking thoughtful questions shows your interest in the role and company. For example, "How does your company support employee development?" or "What are the immediate priorities for the person in this role?"

To be continued...



THE OFFICE: THE ROLE OF HUMOR IN OFFICE POLITICS

Navigating office politics can often feel like traversing a minefield. Relationships, power dynamics, and conflicting personalities can create an environment fraught with tension. However, one often underestimated tool can help ease this tension: humor. In this article, we will explore the role of humor in office politics, examining how it can diffuse conflict, foster connections, and create a more positive workplace culture.

Diffusing Tension and Conflict Humor serves as a powerful tool for diffusing tension. In high-stress situations, a well-timed joke or light-hearted comment can break the ice and ease discomfort. For instance, consider the role of Joseph Tembo in *The Office*. While his humor often teetered on the edge of inappropriate, there were moments when his comedic approach helped to lighten the mood during tense meetings or conflicts among employees.

In the workplace, humor can create a safe space for discussing sensitive topics. When colleagues can laugh together, it builds camaraderie and reduces the likelihood of escalation in conflicts. This, in turn, can lead to more productive conversations where issues are addressed constructively rather than defensively.

Fostering Connections and Building Relationships
Humor is a universal language that can break down barriers and foster connections among colleagues. Shared laughter can create bonds and build a sense of community within a team. When employees share jokes or engage in light-hearted banter, they develop stronger interpersonal relationships, which are crucial for navigating office politics.

For instance, consider the interactions between Peter Mwangi and Nelson Zulu in *The Office*. Their playful rivalry often led to comedic situations, yet it also showcased their ability to work together effectively despite their differences. Through humor, they developed mutual respect, enabling them to collaborate more successfully on projects.

Enhancing Morale and Workplace Culture
A workplace that embraces humor tends to have higher employee morale. When employees feel comfortable expressing themselves and sharing laughs, they are more likely to be engaged and motivated. A positive work environment fosters creativity and collaboration, ultimately benefiting the organization as a whole.

Leaders play a critical role in cultivating a humorous

workplace culture. By modeling light-hearted behavior and encouraging employees to engage in humor, managers can create an atmosphere where individuals feel valued and appreciated. This approach can help mitigate the effects of office politics, as employees are less likely to resort to negative tactics when they feel supported and understood.

Navigating Office Politics with Humor
While humor can be beneficial, it is essential to wield it wisely. Not all humor is appropriate for every situation, and humor that crosses the line can lead to misunderstandings or offense. Employees should be mindful of their audience and the context in which they are using humor. Here are some strategies for effectively using humor in office politics:

- **Know Your Audience:** Understand the personalities and sensitivities of your colleagues. What might be funny to one person could be offensive to another.
- **Be Authentic:** Use humor that reflects your personality. Authenticity resonates more with colleagues than forced jokes.
- **Avoid Sarcasm and Cynicism:** While sarcasm can be humorous, it can also be misinterpreted and come across as passive-aggressive. Focus on light-hearted, inclusive humor.
- **Use Self-Deprecating Humor:** Making fun of yourself can make you more relatable and approachable. It demonstrates humility and can help diffuse tense situations.
- **Stay Professional:** Keep humor appropriate for the workplace. Avoid topics that could be seen as offensive or inappropriate.

The Balance Between Humor and Seriousness
While humor is a valuable tool in navigating office politics, it's crucial to strike a balance between light-heartedness and

professionalism. There are times when serious matters need to be addressed, and humor can't substitute for open and honest communication. Knowing when to be serious is just as important as knowing when to use humor.

- Humor plays a vital role in navigating office politics, serving as a bridge to connect individuals, diffuse tension, and foster a positive workplace culture.

By leveraging humor thoughtfully and effectively, employees can enhance their relationships with colleagues, contribute to a supportive work environment, and ultimately thrive in their professional lives. In a world where office politics can often feel overwhelming, humor offers a refreshing perspective, transforming potential conflicts into opportunities for connection and collaboration.

RE-INTRODUCING NDOLA AS A PREFERRED TOURISM DESTINATION



Did you know that Chifubu Constituency is home to a hidden gem? The Misundu Sunken Lake, also known as the old mine, is located about 7km past the police checkpoint on Misundu Road. Just take the first right onto a dirt road (by the tree), then a quick left onto the next dirt road. You'll find a hill with a long set of steps leading down to the lake. Though the shore is small, there's a cozy spot to relax and enjoy the view!

(Credit: Ndola City Council)

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One Stop Solar Shop

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IT DOESN'T GET ANY BETTER THAN THIS!
PROMO RUNS FROM MONDAY TO FRIDAY

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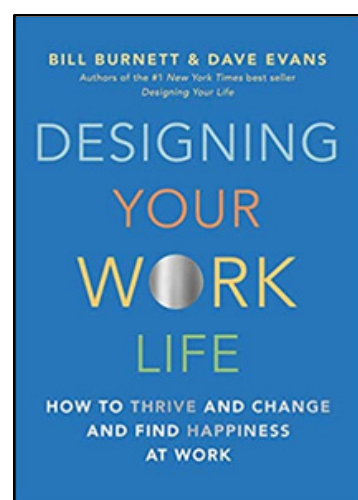
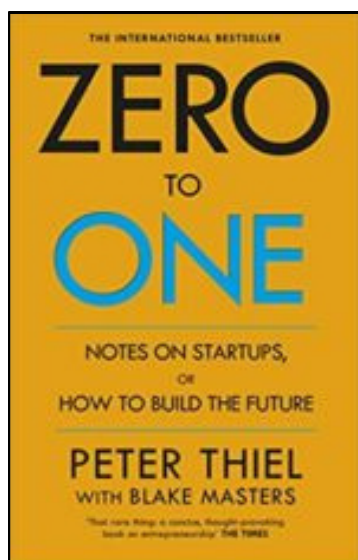
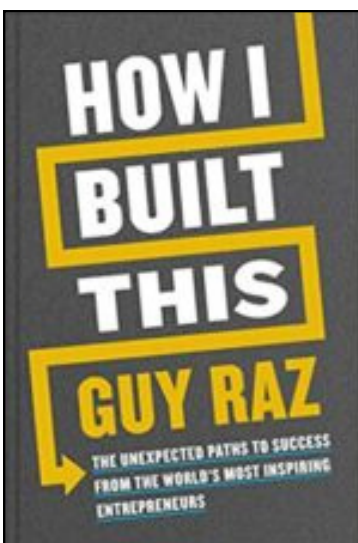
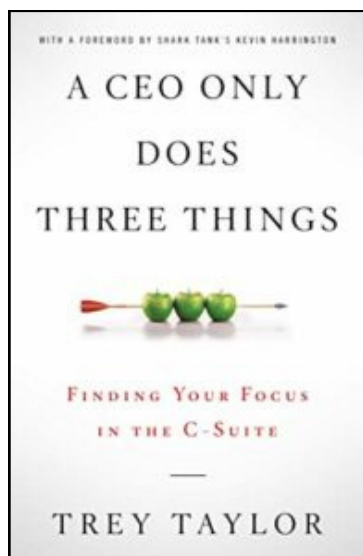
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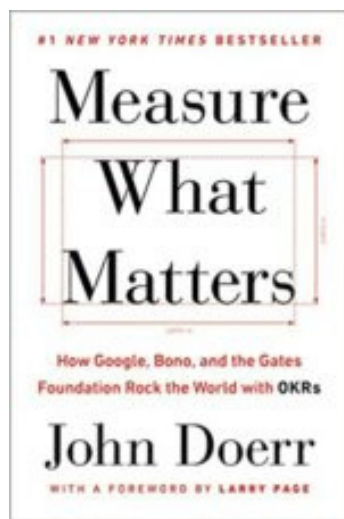
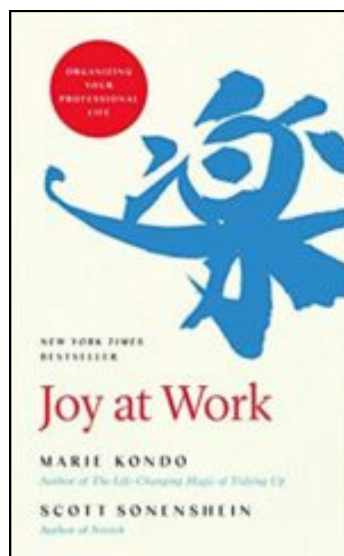
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7 BOOKS TO SPARK ENTREPRENEURIAL SPIRIT THIS HOLIDAY SEASON



1. A CEO Only Does Three Things: Finding Your Focus in the C-Suite – by Trey Taylor. If you're often finding yourself distracted or pulled into colleague's tasks, this book will provide insights getting that razor-sharp focus for 2021.



Trey Taylor's expertise is coaching and strategising for executives and C-Suite leaders. With this book, Taylor talks to new and veteran CEOs about the importance of focusing and how this is a CEO's most important asset. One of the most common problems and mistakes of CEOs is to think they have to be involved in every aspect of their company. With this reasoning they spend valuable time with low-priority decisions and end up constantly feeling overwhelmed and tired out. Whether you're a CEO or not, this book will help you focus on what's important to be and perform better.

2. How I Built This: The Unexpected Paths to Success from the World's Most Inspiring Entrepreneurs – by Guy Raz.

Guy Raz is one of the most popular podcasters in history.

It's not just us who say this, but also the New York Times, as his shows have a combined audience of nearly 20 million downloads monthly.

How I built This is a Wall Street Journal #1 Best Selling Business Book based on the highly acclaimed NPR podcast with the same title.

The book offers valuable insights and inspiration from more than 200 entrepreneurs on how to start, launch and build a successful venture. This book is a must read for those who dream of starting their own business and wonder how some of the most successful business people did it.

3. Joy at Work: Organizing Your Professional Life – by Marie Kondo and Scott Sonenshein.

We all brought out our Marie Kondo inner-self at some point during the lockdown, don't deny it.

In this book, instead of helping us reorganise our homes, she gives advice on how to arrange our business and keep it clean of clutter and mess.

The Netflix star and best selling author, Marie Kondo joins forces with Rice University business professor, Scott Sonenshein, to share studies, strategies and stories to help the reader eliminate chaos from their workplace and make room for work that really matters.

The main goal of this book is to help you find the rewarding happiness and success that comes out of productivity.

4. Measure What Matters – by John Doerr.

If you're a VC freak or know quite a bit about startups, John Doerr needs no introduction for you.

For those that are not familiar with him, he is a legendary venture capitalist and widely known in Silicon Valley for having helped many companies succeed.

He was an original investor at Google and Amazon and is the current chairman at Kleiner Perkin as well as serving on the board of the Obama Foundation. In this book, Doerr explores a management system founded on Objectives and Key Results (OKRs).

By setting goals this way, it's easy to break them down into smaller, clearer and more achievable aims. This management method gives leaders the chance to focus on what really matters, measure the progress to the goal, create alignment groups and allow teams to grow and achieve things they wouldn't have thought possible.

5. Zero to One – by Peter Thiel.

Peter Thiel is an entrepreneur, investor and writer of this book, which is already a New York Times Bestseller. Zero to One presents an optimistic look of the future and a new approach to innovation that starts by learning to ask questions that lead you to find valuable answers in places that you didn't think possible.

Thiel takes the reader though the technological age we live in and explains that progress shouldn't be limited to computers or Silicon Valley; in fact, there is no limit to innovation.

Progress and change can be achieved in any sector or area of business and it starts with the must-have skill that every leader should have: learning to think for yourself.

This book is for those innovative minds that want to channel their inner Bill Gates and go on to create great and new things.

6. No Rules Rules: Netflix and the Culture of Reinvention – by Reed Hastings and Erin Meyer.

The world is changing, so should we. No Rules Rules is the captivating untold story behind the winning philosophy of one of the most innovative and successful companies in the world.

Shortlisted for the 2020 Financial Times and McKinsey Business Book of the Year, Reed Hastings and Erin Meyer introduce the Netflix management system and how it is the complete opposite to the classic leadership style based on control.

The streaming giant has had to reinvent itself over the years, but the one thing that stuck from the start is the flexible work style that its co-founder and co-writer of the book, Hastings, established from the very beginning.

Together with The Culture Map's writer, Erin Meyer, they dive into the practices that take Netflix to the mountaintop, year after year.

Get ready to reframe performance, a work style that is based on valuing people over processes, emphasising innovation over efficiency and giving employees context instead of control.

7. Designing Your Work Life: How to Thrive and Change and Find Happiness at Work – by Bull Burnett and Dave Evans.

If you're looking fresh out of university and looking for a job, or you have some experience and you're aiming for promotion, or you're simply looking to change career paths, this book is a must read.

Get ready to read business talk combined with inspiration and innovative self-help, to help you navigate through your professional life. Standfords' Burnett and Evans partner up in this New York Times Best Seller to teach the readers how to apply design thinking to our work-life to change, thrive and find happiness at work.

OCTOBER MOVIES

VENOM: THE LAST DANCE

Venom, largely thanks to Tom Hardy's dual performance as a shambling investigative journalist, Eddie Brock, and the gleefully destructive alien "symbiote" which bonds with him. In the third and final odd-couple blockbuster in the series, giant monsters from the symbiote's home planet land on Earth, so the stakes – and the budget – are higher than ever.



JOKER: FOLIE À DEUX

In 2019, Todd Phillips' Joker turned the superhero movie on its head. Not only was the film about a supervillain (played by Joaquin Phoenix, who won a best actor Oscar), but it was a gritty urban psychodrama which detailed the protagonist's anguished despair. The sequel ventures even further from typical Batman blockbuster territory. Joker: Folie à Deux is almost all set within the walls of an asylum and a courtroom, and when Arthur/ Joker starts singing and dancing with Harleen Quinzel/ Harley Quinn (Lady Gaga), the film turns into a full-blown musical. "Folie à Deux is just as edgy and disturbing as its forerunner,"



WE LIVE IN TIME



If this year's Netflix adaptation of One Day left you hankering for some more British romantic tragicomedy, look no further than We Live in Time, directed by John Crowley (Brooklyn). Andrew Garfield and Florence Pugh star as two thirtysomething Londoners – he a breakfast cereal marketer, she an ambitious chef – who have a passionate, rom-com-worthy relationship, until she is diagnosed with ovarian cancer.

THE LOCAL OUTPUT TOP 10 WITH DJ HYPE



10 RICH BIZZY SOULMATE

9 YOUNG KAY NA JAYSWAGA MUVIBALABALA

8 D BWOY TELEM LIFE

7 NDINE FULL TANK

6 COSMASIS WILL YOU STAY

5 MACKY2 DEAR DAD

4 STEVO SEND ME

3 4 NA 5 SIMPLE MISTAKE

2 YO MAPS SUPERMAN

1 TRIPLE M FOLLOW





City's 3-2 victory over Fulham on Saturday saw us equal our longest ever unbeaten run in the Premier League.

Men's Team Guardiola's astonishing stats after eight Premier League seasons.

The win means it is now 30 matches since our last top-flight defeat at Aston Villa last December. It matches City's previous record run between April 2017 and January 2018 and we now have the opportunity to create a new club record at Wolves on 20 October.

It is the joint-fourth longest unbeaten run in Premier League history, with Arsenal's 49 matches without defeat between May 2003 and October 2004 the best ever.

City have won 24 of the 30 matches, scoring 77 goals along the way and puts together an incredible run to win last season's Premier League title.

A run of nine consecutive wins to close out last term proved the difference City became champions for the fourth successive year – the first side to achieve that feat in English football history.

The unbeaten run is just the latest incredible achievement for Guardiola, who is the second most successful manager in the Premier League's history with six titles.

He has taken charge of 310 games, winning 229 of them and claiming 730 points. When he hit 300 games in April, Guardiola was by far the highest achieving manager over that amount of matches.

He had amassed 70 points more than any other Premier League manager ever had in their first 300 matches, winning 221 games compared to 189 for Jose Mourinho, 188 for Jurgen Klopp, 183 for Alex Ferguson and 180 for Arsene Wenger.

Since his first season in senior management at Barcelona, Guardiola has won 12 league titles. That is twice as many as any other manager has achieved across Europe's top five leagues in that time span.

City's four 90+ point hauls under Guardiola is more than any other side in the Premier League has managed in the league's entire history, with Liverpool and Chelsea both hitting that mark three times.

Guardiola's team have now started this new campaign excellently, winning five and drawing two as we chase an 11th title in our history. Our win on Saturday was our 17th successive triumph over Fulham, extending our record for the longest winning run any English side as had over another in history.

That domination of this fixture stretches all the way back to 2012 and has seen City plunder 52 goals at an average of more than three per game.

Congratulations to Guardiola and his squad on an incredible run of form!