

FORT NEWS

MONTHLY BULLETIN

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The Power of Words, Reactions, and Assumptions

By François Damian
Aristhomene Martínez

The way we conduct business is nothing more than an extension and a reflection of the way we conduct life.

Regardless of the professional industries we belong to, we are constantly being tested by unpredictable and at times disruptive variables, which can easily lead to uncomfortable scenarios within our professional spaces.

If you take a moment and pause, we can all recollect scenarios where words may have belittled, insulted, or even unintentionally disrespected and permanently damaged a relationship with a coworker, all by not being mindful of our words, reactions, and assumptions. This is a reflection of inner turmoil, yet is often blamed on work-related stress.

What we do for a living and how we do it, is a crucial part of our essence as individuals. Out of the average 18 hours we are operational during the workday, many spend 10-12 hours at work, 2 hours prepping and commuting to it, 1-2 hours on social



"Happy people are just more productive"

media and research, 1-hour exercising, and just like that you are left with maybe 1-2 hours for household chores, relationships, children, etc.

The issue is where is the time for personal reflection and growth?

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This global pandemic has presented the world with a rare synchronized opportunity to pause and reassess what is truly important in life. Many of us have lost so much during this time, yet the hustle and bustle of everyday life just to stay afloat may blur the importance of such needed reflection.

Why do you do what you do? If you are not constantly asking yourself this question, it's never too late to start, for reflection will lead to meditation, meditation to mindfulness, and mindfulness to change in words, reactions, and assumptions. It will help you find the beauty in all things, and rid yourself of inner turmoil preventing you from being your best self all around, personally and professionally. Happy people are just more productive.

All of our material accomplishments will stay behind for someone else to enjoy, so the allocation of time to mindful work and communication is truly the legacy we leave behind. Begin the change today, as nothing changes if change doesn't begin with you.



**CVO & Founder
FORT International**

Dear FORT Family

By Elizabeth Castillo
Chief of Staff

The delays freight carriers are experiencing are by far the worse we have experienced in decades. Capacity issues are at all-time highs and the delays are creating a ripple effect that is unimaginable. This coupled with raw material shortages equates to the word "challenging" being an understatement.

This can be an operational nightmare and due to this, planning has never been more important. While keeping you abreast of the situation with full transparency is key, it doesn't solve the issue at hand.

At Fort, having an array of substitute items is a conversion we now have with our clients from inception. This allows us to be proactive instead of reactive.

Having pre-approved substitute options in all our client profiles assists



our operational arm tremendously and expedites service.

The team can automatically swap out products that are not in stock with products already approved by you, to ensure orders are processed quickly and maintain shorter backorder logs which can be tedious and time-consuming.

Your FORT representative will be contacting you in the near future if there is a need to discuss an item experiencing a manufacturer backlog and suggesting a substitute.

As always, we thank you for your business and trust and look forward to continuing to assist you through these difficult times.

Thank you

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Sales Experts Know

By Daniel Deleon
Regional Sales Manager



Plastic is an unavoidable part of today's culture. It takes hundreds to thousands of years to decompose, but it never fully goes away. Instead, it breaks down into smaller pieces until it becomes microplastic and pollutes the Earth's natural resources.

In recent years, it's become extremely important to be sustainable, but sometimes, you just can't get around it.

When it comes to food packaging, non-plastic items are hard to come by. However, FORT International has partnered with several manufacturers who have found ways to design compostable and recyclable disposables to add sustainability to single-use items, with the use of sugarcane polyethylene drawn from the waste products of sugar cane extraction.

This has allowed for all new plant-based plastic products, including cups, bowls, straws, utensils, lids, hinged containers, and more! We encourage you to give us a call so we can present you with a full list of sustainable alternatives, and begin making the impact our planet and communities deserve.



Must Attend! Fathers M.I.A. Bridging the Gap, Spring Gala and King Solomon Award Presentation April 2, 2022

One of our sponsored organizations, Fathers MIA, presents the "As We Honor Her" Spring Gala. This is an opportunity to celebrate great young women and their achievements, as they prepare for college and become Change-Makers in training.

Through group sessions, they strive to heal the wounds of absentee fathers while providing a place of comfort and healing.

"As we Honor Her"

Spring Gala

List of Sessions for the Participants



1 Meet & Greet Session



2. Unpost-Social Media Awareness



3. Let's Get motivated



4. Boss Up- (Business Attire)



5. Pre-healing Session



6. She's Poised-Etiquette



7. Love doesn't Hurt-Dating violence/ Human Trafficking



8. She is Healed



9. Gala Rehearsal

If you are interested in helping this organization contact them to request more information on how to support them by becoming a sponsor, volunteering with them, providing donations, or other resources.



Save the Date

Also on this date, FORT will announce the winners of the King Solomon Award Scholarship competition. This year a grand total of \$20,000.00 will be awarded to graduating seniors in an effort to assist them with college tuition.

SDG's a path to improve business practices.

By Sigrid Martínez Picado
ESG Department

Small and Medium-sized Enterprises



The French economist Jean Tirole wrote:

"The economy insists on the need for individual goals to be according to collective goals. This is about making the individuals be in harmony with society, overall through incentives that discourage behaviors harmful for the first, such as pollution and, on the contrary, to cheer towards socially responsible behaviors".

Businesses as we know them, have to change, that is a revolution that we are currently living. In 2015 the most recent call to action was shot out by the United Nations, they are called

Sustainable Development Goals (SDGs) or Global Goals. They are 17 Goals, 169 Objectives to reach, and 232 Guidelines to verify if we are doing it the right way!.

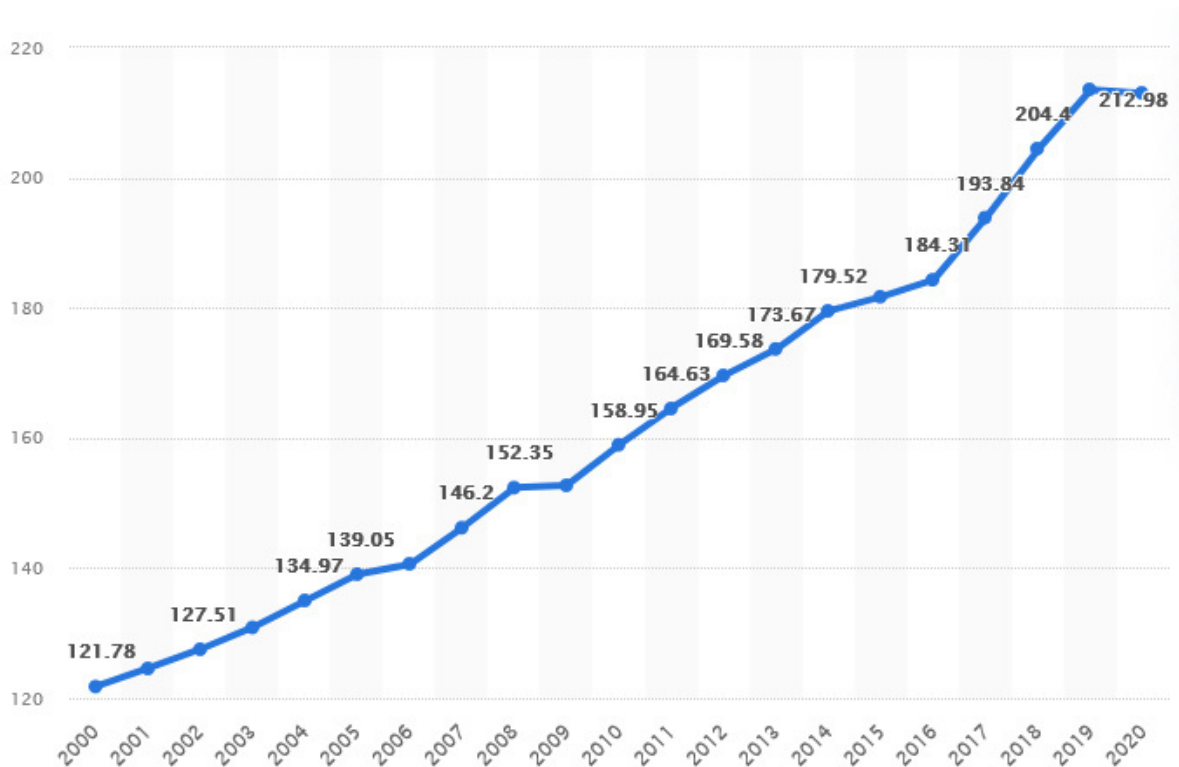
FORT International belongs to a group of enterprises, SME's (Small to Medium Enterprises), and we have decided as a company to take this call to action seriously and wish to invite many others to join us. These are our reasons to implement changes and to invite others to join: :

1. There are over 212 million Small to Medium Enterprises on this planet according to Statista.com 2022. - We belong to them-

2. we must try and become part of the change-makers, by implementing a series of changes that aim to improve the social, environmental, and economic development of our surroundings.

3. Planet Earth is the only planet we have.

It is necessary to incentivize actions to promote an economy focused on the commonwealth as Tirole explains, and the first thing to do is to start acting now!



(<https://www.statista.com/statistics/1261592/global-smes/>)

Contact us, we are happy to chat! ESG@fortinternational.com



Horoscope

Pisces and Aries:

Love still lingers in the air and Spring is around the corner. Recommendation: take advantage of the good weather, look for comfortable dancing shoes... A healthy exercise, a great way to have fun, inside the house with your dog meanwhile wearing pajamas or dress up for it with your friends!

The Social Fort

Are you a Social media buff join us!
Comment and see what the **FORT** difference is all about!



Follow us
on Linked In
<https://bit.ly/3tI8H>
Q



Follow us
on Google
Business
Profile



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Damian



Ely



Danny

**TEAM
FORT**



Annette



Sigrid



Sebas