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FORT LIFE

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CORPORATE FACES

"Dealing with the Many Personalities of Corporate America."



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CORPORATE FACES

“Dealing with the Many Personalities of Corporate America”



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What have 20 years of corporate meetings taught me?

That understanding and exploring human nature and its multiple personalities, is an investment in the self that will continue to yield fruit for the rest of your days, not only professionally, but also on the personal side of life.

If you take the time to understand the nature and social origin of anyone you must interact with, you will be better equipped to nurture and plant seeds of positivity in said relationship.

After all, we all faced them, those problematic personalities we may have to deal with day in and day out. The very ones that know just how to push our buttons as if they were sent by Lucifer himself to delay/spoil our hard-earned peace of mind. (More to come on this later)*



I found it difficult to navigate certain personalities early on in my professional career. I remember too often looking up at the sky and asking; “why Lord... Why is this person a thorn, a horn, a fallen Oak Tree in my path?” however, it wasn't until I began to analyze the human being behind the rants and animosities, plus the package that came with them, that I was able to positively structure my interactions with them for a much more productive outcome.

There are many different types of personalities, but here are the predominant problematic three you'll likely face through your own professional journey. **The Narcissist, The Underachiever, and the Royal Kiss Ass.**

Here is how to deal with them.

The Narcissist:

Who they are: Selfish, ruthless, lack of empathy and never wrong. When you examine the relationship, the ultimate goal is preservation of the self-image they have elaborately designed in the subconscious.

Strategy: RUN AWAY!

Run... as fast as possible and don't look back. There is no fight worth the effort. You will lose... ALWAYS! If you cannot escape a narcissist, do not allow yourself to get dragged into their attempts to engage in conflict. Resist the urge to respond to their behavior and keep your interactions to a minimum.

The Underachiever:

Who they are: Slackers who pretend to not worry about life as an effort to hide their failures and disappointments. Some Underachievers are actually quite talented, but lazy and lacking motivation.

Strategy: Define their role and purpose in your life.

Is it ability or motivation? Whichever is lacking, understand it, appreciate it and flow with it.

Patience is a useful virtue

The Royal Kiss Ass:

Who They are:

An underachieving narcissist!

Strategy: Combine both strategies above... and study human behavior above all.

We are who we are. Understand the models and operate accordingly.

Life is a constant enigma often dancing around with blind partners.

Learn the dance floor, learn the movements of your personal dance partners, and learn patience. It will give you peace of mind and allow you to move through eventualities with an ease that fosters growth.



Photo by pixels-catscoming

FORT's Kitchen: **Collard Greens and Testosterone – Nourishing Your Body Naturally**

Collard greens have long been celebrated in many cuisines for their rich flavor and health benefits. Beyond their reputation as a Southern comfort food staple, collards are a powerhouse of nutrients that support various aspects of health, including hormone balance. For those looking to support healthy testosterone levels naturally, collard greens can play a surprisingly beneficial role. Packed with vitamins A, C, and K, along with minerals like calcium and magnesium, collards provide essential nutrients that support overall wellness and help the body maintain optimal hormonal function.

One reason collard greens may help in supporting testosterone levels is due to their high levels of antioxidants and their role in reducing oxidative stress. Oxidative stress is known to affect hormone production, including testosterone. Additionally, collards contain indole-3-carbinol, a compound that aids in maintaining healthy estrogen metabolism. This is particularly important for those seeking a balance between testosterone and estrogen, as managing estrogen levels can have an indirect but positive effect on maintaining testosterone.



Healthy Collard Recipes for Hormone Balance:

- **Sautéed Collards with Garlic and Olive Oil.**

This simple and delicious recipe requires just a few ingredients. Lightly sauté collard greens with garlic and olive oil to preserve their nutrients. Olive oil, rich in monounsaturated fats, is also known to support healthy testosterone levels. Add a squeeze of lemon for a zesty flavor and extra vitamin C, which aids iron absorption and promotes immune health.

- **Collard Green Wraps**

Try using raw collard leaves as wraps for a low-carb, nutrient-dense alternative to bread or tortillas. Fill them with lean protein like grilled chicken, chickpeas, or scrambled eggs along with your favorite fresh vegetables. This recipe keeps your meal light while delivering ample fiber and essential minerals, supporting both energy and hormone health.

Including collard greens in your diet not only brings vibrant flavors to your plate but also provides nutrients that support a healthy hormonal balance. Whether you enjoy them in a traditional Southern dish or as part of a modern health-conscious meal, collards can be a powerful addition to your diet to help you stay strong and balanced.

FORT Health: The Magic of Small (Exercise Bands) For the Traveling Professional

Exercise bands may be small, but they're one of the most powerful tools for a well-rounded workout. These compact bands are deceptively simple yet incredibly effective, adding resistance to exercises that engage your entire body. With just a few bands, you can create a diverse workout routine that strengthens muscles, improves flexibility, and enhances balance. Whether you're targeting arms, legs, or core, exercise bands make it possible to customize your workout to meet your needs without the need for bulky equipment.

One of the biggest advantages of exercise bands is their portability. Unlike weights or machines, bands can be used anywhere—at home, at the gym, or even on the go. This makes it easy to stay active no matter your schedule or location. With resistance bands, you can perform exercises like squats, lunges, and bicep curls that add resistance to your movements, increasing muscle engagement and effectiveness. They're also an excellent choice for injury prevention, as they allow you to build strength gently and gradually.



Photo by pexels-bambo-aye

Exercise bands are also incredibly versatile, making them a valuable addition to any fitness routine. They come in different resistance levels, so you can increase or decrease the difficulty based on your fitness level. Beginners may start with lighter bands to master form and control, while advanced users can layer bands or use heavier ones for a greater challenge. And unlike weights, which focus mainly on strength, bands work multiple muscle groups at once, helping to improve overall coordination and balance.

Incorporating bands into your workouts can be especially beneficial for targeting specific muscle groups that are often harder to reach with standard exercises. Bands engage stabilizer muscles, which are crucial for balance and injury prevention. They also allow for a wide range of motion, so you can stretch and strengthen muscles through their entire length. Embrace the magic of small with exercise bands and discover how they can elevate your fitness routine in ways that are simple yet powerful.

No matter where you are, this quick, 15-minute workout with exercise bands can keep you feeling strong and energized. With just a small set of bands, you can get a full-body workout that targets key muscle groups while improving flexibility and balance.

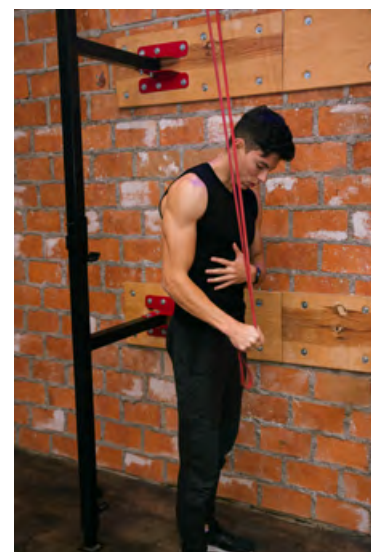


Photo by pexels-rdne

Warm-Up – Band Pull-Aparts

Reps: 15

Hold a light resistance band in front of you at shoulder height, with arms extended. Pull the band apart by bringing your hands out to your sides, squeezing your shoulder blades together. Return to the starting position. This warms up your shoulders and upper back, getting you ready for the workout.



Upper Body – Banded Push-Ups

Reps: 10-12

Loop the band around your back, holding the ends in each hand. Perform a standard push-up, and the band will add resistance as you press up. This move strengthens the chest, shoulders, and triceps without needing a gym.

Lower Body – Banded Squats

Reps: 12-15

Place a resistance band around your thighs just above the knees. Stand with feet shoulder-width apart and lower into a squat, keeping knees pushed outward to maintain tension on the band. This targets your glutes, quads, and hamstrings, helping to build lower-body strength.

Core – Banded Bicycle Crunches

Reps: 20 (10 per side)

Lie on your back and loop a light band around your feet. Bring one knee in towards your chest while extending the other leg, twisting your opposite elbow to meet the knee. Alternate sides. The band adds extra resistance to engage your core more deeply.

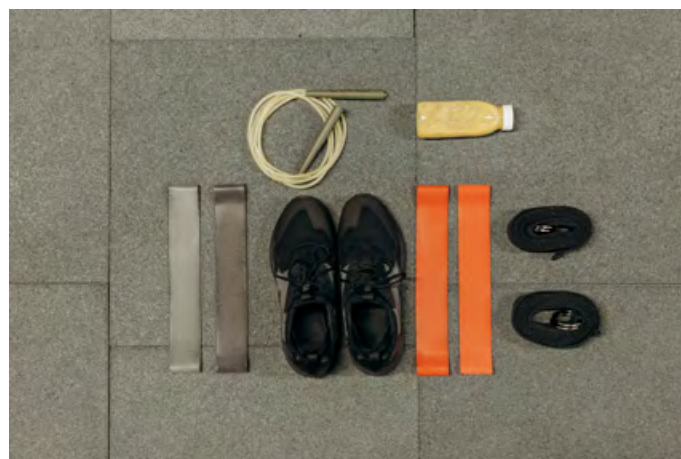
Full Body – Resistance Band Deadlifts

Reps: 12

Stand on a medium-resistance band, holding both ends in each hand. Hinge at your hips to lower your chest towards the ground, then press through your heels to return to standing, squeezing your glutes at the top. This move works the glutes, hamstrings, and lower back.

Cool Down

Finish with a gentle stretch, focusing on the legs, arms, and back. Hold each stretch for about 20 seconds, breathing deeply to relax and release tension.



Photos by viridianaor and mikhail-nilov

Small Business Spotlight

Why Supporting Small Businesses Matters

In today's fast-paced, convenience-driven world, it can be easy to overlook the value of small businesses. Yet, these businesses are the heart of our communities, fueling local economies, creating jobs, and bringing unique, personalized services and products to our doorsteps. When you choose to support a small business, you're not just buying a product or service; you're investing in the dreams, hard work, and resilience of local entrepreneurs. Each dollar spent at a small business stays within the community, circulating through local services, schools, and community events, building a stronger and more vibrant local economy.



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Small businesses also offer something special that larger corporations often can't match: personalized service and genuine relationships. Small business owners are often experts in their fields, bringing passion and a commitment to quality that makes a real difference in customer experience. From the neighborhood coffee shop that remembers your favorite order to the boutique shop that handpicks unique items, small businesses create connections that go beyond transactions. These personal touches remind us that business isn't just about profit—it's about people.

Supporting small businesses is essential not just for today but for the future. Small businesses are often innovators, responding quickly to community needs and trends, pushing the boundaries of creativity, and even promoting sustainable practices. Many small businesses prioritize eco-friendly sourcing, support other local businesses, and give back to local causes, creating a positive ripple effect. By supporting them, you're not only helping sustain these efforts but also encouraging the growth of ethical and community-oriented business practices.

So next time you're deciding where to shop, consider choosing a local business. Every purchase is a vote for a thriving local economy, unique products, and a community-centered approach to business. This Small Business Saturday, let's make a conscious effort to support the small businesses that help shape our neighborhoods and enrich our lives. Together, we can keep our communities vibrant and resilient by supporting those who work tirelessly to serve us.

#ShopLocal #SmallBusinessSaturday



FORT TRAVEL:

Experience Curaçao

Welcome to Curaçao, a Caribbean gem brimming with color, culture, and adventure. Known for its vibrant, pastel-colored architecture and warm hospitality, Curaçao offers an experience that's as unique as it is unforgettable. From the historic streets of Willemstad—a UNESCO World Heritage site—to the breathtaking coral reefs beneath the waves, Curaçao is a destination that invites you to explore, unwind, and immerse yourself in its rich cultural tapestry.

Photo by Aron Marinelli on Unsplash

The island's diverse culture is influenced by Dutch, African, and Caribbean heritage, creating a blend that's reflected in everything from music and art to food and language. Take a stroll through Willemstad's historic Punda and Otrobanda neighborhoods, where brightly painted buildings line the streets, each one a testament to Curaçao's history and multicultural spirit. You'll find art galleries, open-air markets, and museums that showcase the island's past, as well as its vibrant present.

For those who love the ocean, Curaçao's crystal-clear waters are a paradise for snorkelers and divers. The island boasts some of the Caribbean's best coral reefs, home to an array of marine life that makes each dive an adventure.



Photo by pexels-skitterphoto



Photo by pexels-jeffreyczum



Photo by pexels-japy

And if you prefer to stay above water, the island's many beaches, from bustling Mambo Beach to serene Playa Lagun, offer plenty of spots to relax and enjoy the sun. Curaçao's year-round warm climate and beautiful landscapes make it a dream destination for travelers seeking both relaxation and excitement.

No trip to Curaçao would be complete without sampling its unique flavors. From fresh seafood and island-inspired dishes to its famous blue liqueur, Curaçao's culinary scene offers something for every palate. Try local favorites like keshi yena, a hearty stuffed cheese dish, or pastechi, a savory pastry filled with cheese or meat. In Curaçao, every meal is an experience, inviting you to taste the culture and tradition that define this vibrant island.



Photo by pexels-genaro-ajl

FORT Scholarship Spotlight: A Grateful Heart

Meet Md Mishkat, the \$10,000 grand prize recipient of the King Solomon Award (KSA) Scholarship! As a Computer Science major at Coppin State University, Md is dedicated to pursuing his passion for technology and innovation. His journey reflects the incredible potential of education to open doors, break barriers, and create meaningful opportunities.

In his own words, Md highlights how the scholarship has not only eased the financial burden of college but also inspired him to aim higher in his academic and professional endeavors. From excelling in his studies to exploring innovative projects in computer science, Md's story showcases the lasting impact of investing in education. We're proud to support his journey and excited to see the future he's building!



Watch the video here:

https://drive.google.com/file/d/1ZQBpQWspnnY2_snbMvjTLUgV9bD6gyZ/view?usp=sharing

SALES

HCAPS and Welcome Kits



In this month's newsletter, we're excited to highlight the ongoing impact of our Welcome Kit program. Each FORT Welcome Kit sold contributes \$0.25 to our scholarship fund, helping us reach our ambitious goal of raising \$1 million by 2032. This initiative has been a fundamental part of FORT's mission to support education and empower future generations. With every kit, we're not just delivering high-quality products but also creating opportunities for students who need them the most.

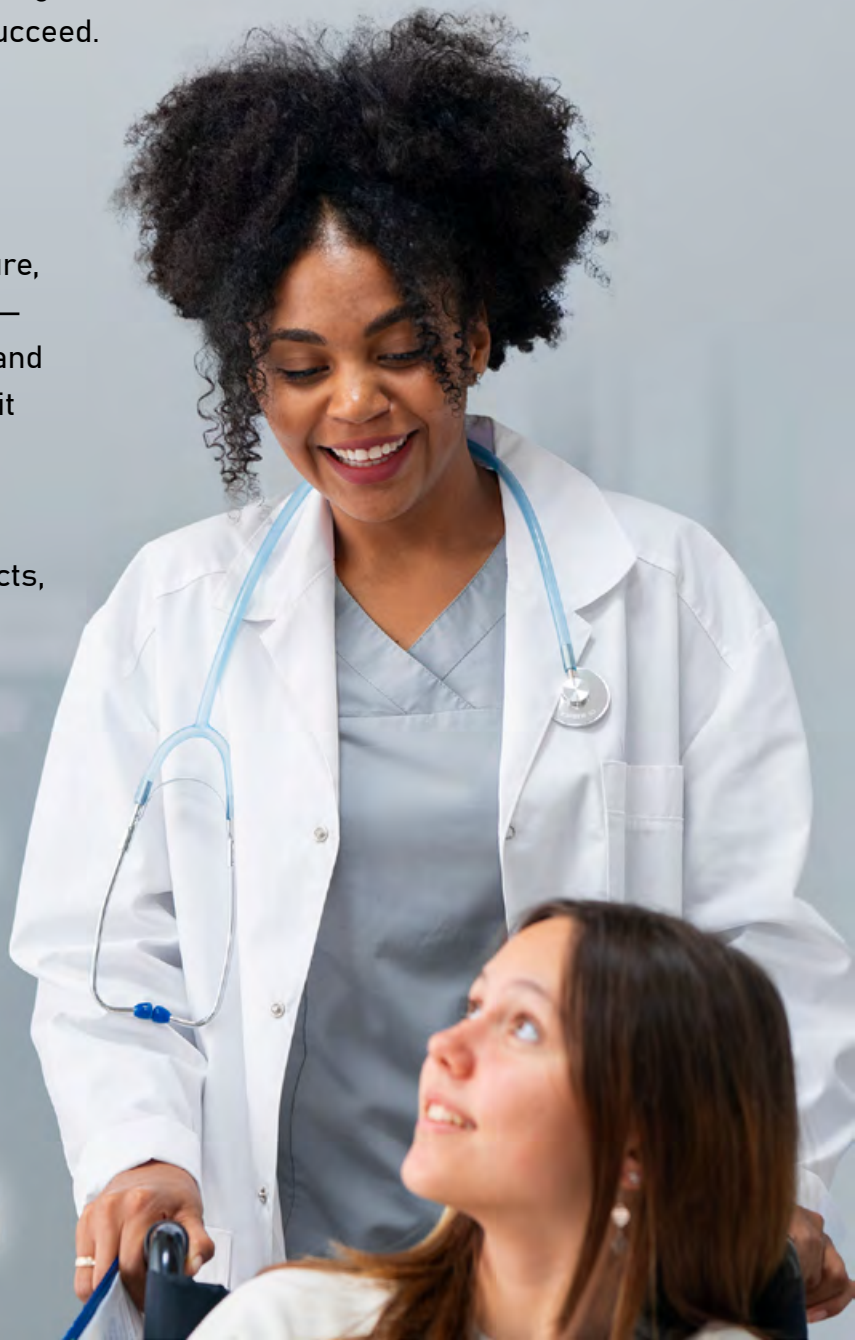
The FORT Welcome Kit program allows our customers and partners to make a tangible difference with each purchase. By choosing our kits, you're directly supporting scholarships that help students pursue their educational goals and dreams. Each contribution helps break down financial barriers, ensuring that more deserving students have access to the resources they need to succeed.

Every Welcome Kit sold brings us closer to transforming lives and building stronger communities. Through this program, FORT remains dedicated to creating a brighter future, one student at a time. Join us in this journey—supporting education, empowering dreams, and making a meaningful impact, one welcome kit at a time.

How to Order:

To place an order or inquire about our products, please contact us at:

sales@fortinternational.com



Word Search

Entertain yourself for a while and solve this word search as quickly as possible. If you prefer you can click on the link below and solve the challenge from your cell phone or computer.

Thanksgiving

S	R	G	S	I	Y	N	M	U	T	U	A	G	E
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- BLACK FRIDAY
- FAMILY
- TURKEY
- GRAVY
- STUFFING
- HARVEST
- CELEBRATE
- PUMPKIN PIE
- PILGRIMS
- MASHED POTATOES
- NOVEMBER
- FEAST
- CORN
- GREEN PEAS
- THANKSGIVING
- FALL
- AUTUMN
- PLYMOUTH

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Sebas



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The Social FORT

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