

CONTEMPORARY CAREER CULTURE

the *EDITION.*

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are you overloaded?

Work & Life Balance

inside:

DISCUSSIONS ON WORK OVERLOAD AND THE ELUSIVE WORK-LIFE BALANCE
MBUVI NGUNZE, COO OF KENYA AIRWAYS
JOSEPH OGUTU, HR DIRECTOR AT SAFARICOM
WHY SMART PEOPLE UNDERPERFORM - HARVARD BUSINESS REVIEW
DIASPORA REMITTANCES
JOBS! JOBS! JOBS! JOBS! JOBS! JOBS!

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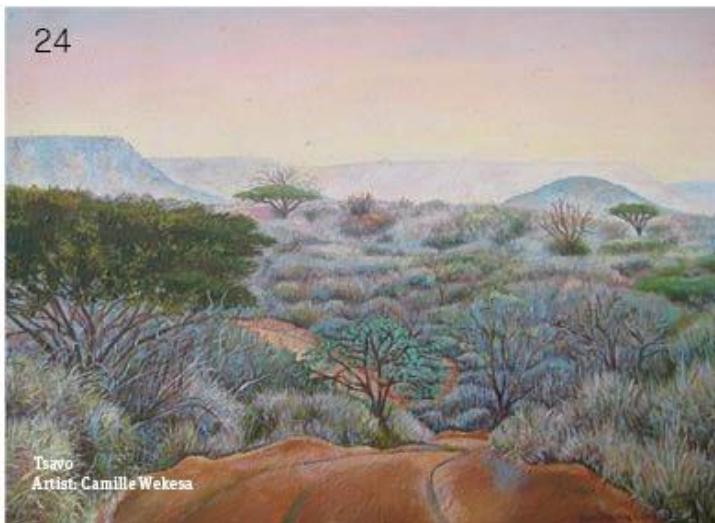


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Overloaded

The spectre of modernitis which has turned life into a juggling act.

Designed by : Eric Omayo

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TOOTH PICK ETIQUETTE

How to use the ubiquitous Toothpick

JANET ADETU

Some people have cultivated the habit of making sure that after every meal they must unfailingly use a tooth pick to execute any hidden pieces of residual food stuck between their teeth. For some this is habitual, even when all is clear.

It has now become common practice to publicly discard any foreign body in the mouth with the tooth pick, regardless of where, when or the occasion.

In some international countries, one hardly sees tooth picks lying on a restaurant table. The practice is to request for a tooth pick when the need arises.

As a professional, it is not only important to know the correct procedure for using a toothpick but also when it is most appropriate to do so.

- 1 Tooth picks are used discreetly in a private place like the bathroom and not on the dining table
- 2 Ensure that each is individually pre-wrapped for safety and hygiene
- 3 Only use a tooth pick if necessary. It has been proven to widen the gap between your teeth.
- 4 Discard a used tooth pick by breaking it into two and disposing it
- 5 During cocktails never re-use a tooth pick to select food from the display tray
- 6 Avoid covering your mouth with the other hand whilst using a tooth pick
- 7 Once you have successfully removed pieces of food from between your teeth, desist from spontaneously spitting them out. Simply place gently into your napkin
- 8 Tooth picks can be hazardous so avoid retaining them in your mouth after meals
- 9 Refrain as much as possible from using an exposed toothpick
- 10 If you are a regular user keep some on you, preferably the plastic version **E**