

DESIGNER

Sports

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A SWEDISH ELITE DANCER

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FASHION

NILS VAN DER POEL

REZA MOSHEFI

MARTIN LIDBERG

Wrestling

TOMAS JOHANSSON

PAOLO BOSCO

TEAM DIABLO ITALY

White Eagle Among Vikings
MARY KAY American Brand

KARATE

ProAm

MICHAEL MALITOWSKI

Nordic Dance Sport Center

Health

KAMILA VALIEVA

Digital Solutions

Olympic Games

Figure Skating

Artistic Ballroom

NILS- HÅKAN CALZON

Latin American Dancing

Joanna Leunis

ALEKSANDRA TOMCZAK

Joanna Wargala

AIRDANCE

EUROPEAN CHAMPIONSHIP BLACKPOOL

CONTENTS

1. Dance is the meaning of my life, European Vice Champion, Blackpool -Diana Kicia
2. From Ice Skate to Olympic Medalist- Tomas Johansson
3. Be Strong and be Healphy -Gulsah Akdag
4. European Championship Wrestling
5. International Dance Sport Camp-Team Diablo, World Dance Sport Federation
6. The Power of Sport -From an imigrant to the Swedish Champion -Nemat Noori
7. AirDance -Global innovation, Digital solution for dancers and teachers- Joanna Warga-la
8. World and Olympic Champion,Wrestling Brothers book - Martin Lidberg
9. International Quality Camp -Aleksandra and Lukas Tomaczak
10. Skal Vi Dance- Philip Raabe
11. Winter Olympic Games
12. The union between Art and Sport- Francis Arroyo Ceballos
13. Woman in Water and Sanitation Network-United Nations- Ulrike Kelm
14. World Artistic Dance Federation - Agata Koziol, Niels-Håkan Carlzon
15. Enrich Womens Life- Mary Key- American Brand- Eva Lena Gullberg
16. White Eagle Among Vikings -book reviews

DANCE IS THE MEANING OF MY LIFE

The sport was always a big part of my daily life since I was 5 years old starting with dance, handball, karate, and ...dance. "Dance is a beautiful combination of sport and art" - Michael Malitowski



European Championship Standard in Blackpool 2022

The dance is for me like as emotional euphoria, makes me free. You completely devote yourself to the music and through the beautiful synchronized movements express your feelings to touch the heart of the audience. The challenge of that art performance is that dancers take different roles unexpected during the competition depending on the song character and need to use his/her own interpretation of the music. During the show, one can of course plan this kind of interpretation to the music he/she wishes to dance. In ten dances there are two different disciplines Ballroom-Standard: English Waltz, Viennese Waltz, Slow fox, Tango, and Quickstep and Latin: Samba, Chachacha, Rumba, Pasodoble, and Jive. Each dance has its own story and character. In Ballroom dancing I use to fly in the sky like a Polish Eagle among Vikings, present elegance and grace. In Latin I love to express charm, charisma, love, passion, and temperament. Dedication to dance is an automatic connection between the dancer and the audience. You can easily read who is just making figures and who is feeling the music. I love dancing, the discipline, routine and

dedication are important. So I use the possibilities on my way and completed different programs:

- ProAm – the Professional Amateur program is about having a trainer and student which she/he prepares for a competition or shows by private lessons.
- Artistic Ballroom is about solo dancing in an artistic way by using arms and more expression and telling stories in the upper body.
- Trainer for all ages – basics for trainers.
- Technique Student-Teacher – this is a course of 10 dances in technique basics based on World DanceSport Federation completed with a certificate to teach other students. I will explain that deeper, later, extremely interesting.
- Individual workout program adapted to prepare the body for dancing.

In Poland (where I come from) I was dancing Standard, Latin, and modern dance as a child in 3 years' at age 6 to 9 but my school has been moved to another city and my parents did not have money to continue. So of these economic reasons, I was heartbroken. The magic and dance dream has been frozen for years. At the age of 34 (in 2016) I discovered a dance school 5 kilometers from my home in Stockholm and next day

started to continue my dream. During the first year, I did not have a car so I took two buses late evenings as the connection there was not so good. Working full time, supporting my son with his karate training it was difficult to handle. My son was becoming a teenager and also wanted to spend more of his time with his friends than me. We moved as per dangerous circumstances in the area we were living to another site of the town and it was too far away from the club so we slowly finished karate with his result of brown belt. However, my love to dance and determination to achieve goals and dreams was stronger. The main goal from the beginning was to start to dance in a couple in a normal system with a dream about competing internationally on an elite level and attend World championships, competitions in Blackpool, Rome, and Moscow. This goal I was explaining from the beginning, however not always respected.

I started my ProAm program in 2016 in Stockholm because of the lack of male dance partners. I got a trainer who manipulated and tried to destroy my reputation at the same time his efforts and work. My problems at work started then too. There were also some old conflicts between dancers/clubs I figured out later on. I used also my wellness allowance from work to train dance and I am very thankful that we have this possibility and wanted to use it effectively by building a new competence. In this situation, I needed to search for other opportunities to grow. I traveled to Warsaw during my vacation in the pursuit of knowledge and found out about a newly opened DansinnByMalitowski school. The owners of the school are Michal Malitowski and Joanna Leunis World Champions in Latin dancing 9 times. I think no one can underestimate their achievements and incredible knowledge which they share daily with other dancers all over the world. I got two trainers there, one in each discipline and it was an amazing experience to meet my countrymen. They respected my expectations and we worked hard together to achieve the common goal. After that, we competed successfully at Warsaw International Dance Championships which happens every year in September.

This will be one of the best memories of my life. Working with this kind of program requires also long experience, dignity, creativity, patience, and loyalty from trainers. Understanding of the importance of the goal and plan how to execute it. Building a real relation-partnership requires trust and dedication for People with a positive intention. My trainers in Poland used to take lessons from Dance World legends

like Joanna Leunis, Bryan Watson, Justyna Hawkins, Andrew Sinkinson and shared this knowledge, technique, and exercises with me. I even had the honor to meet and get lessons from some of them. They teach not only physically but also mentally “The Heaven exists if the work is done on Earth” –Joanna Leunis, helping us to stay inspired, motivated and humble.

Every teacher is unique and has some different skills you can catch the ones you feel are suitable just for you as an individual. I follow many talented experienced dancers and teachers to research their styles and to find my own unique one. I never compare them and do not like it when other compare them, my blood boils as we in Poland are taught to respect teachers. I hear sometimes here in Sweden some critique which teacher is better than other, this is not interesting for me I am there to learn, this also destroys a positive atmosphere and I observe that many dancers lose their fire to dance. The problem of favoritism dancers is also visible especially in a country with a 10 mln population. Some people need to understand that we need to be treated equally based on our qualifications otherwise we will soon have no couples to compete with each other. This also destroys the hard work of many volunteers – beautiful dance souls who use their free time for us to build opportunities and make competitions and camps happen.

After 2 years of dancing in ProAm I decided to switch to the normal system and got a dance partner who was not on my level with different goals and who tried to stop me from my development with cooperation with another trainer behind my back, this kind of intrigues I smell from miles away. So I started to dance Solo Artistic Ballroom parallel to grow as soon as possible. It was a very stressful time for me during competition season when I had a competition every week. I lost a lot of kilos and got sick. Even with almost a 40-degree fever, I was still competing but I ended up last. This was a challenge but I wanted to test my body's limits.

In my next competition Swedish Championship, I ranked second place in Ballroom and Latin in my category in Swedish Dance League 2019. So mine and my teacher's hard work showed some effects. One step forward. However Artistic Ballroom was not my strong skill as I did not feel comfortable with my waving arms and observed that this style destroyed my posture and footwork which I trained many hours in ProAm.



European Championship Latin Blackpool 2022

The things I liked about the Artistic Ballroom style was performing and beautiful outfits, feeling like in a fairy tale (pol. baśń). I felt that I want to still keep dance as a sport and teach later on so I took a 1-year course called Student-Teacher based on World DanceSport Federation. This was a very hard year for me to understand the technique of 10 dances for leader and follower with 10 different choreographies however I found a way and a plan how to learn and got support from the club and international teachers.

The challenge was also to quickly learn about different organizations like WDSF, WADF, WDC, WDO, IDO, Freedom to Dance, DSF, SDL, and understand their rules and culture. As earlier mentioned I had also problems at work because of jealous people and one of my brothers died suddenly. So finding motivation was difficult especially when some people try to make you look like a crazy person, when I react, was honest about the problem and defend myself or others on some intrigues while still fighting consequently for my dreams. I heard that I am too old to dance some figures, that I should dance in the Seniors category, that I will never become a Swedish Champion in the adult category, that I decrease the level of quality of A-class (highest) dancers in Sweden when I join their lessons as I am a ProAm dancer without understanding that taking many private lessons in ProAm

under an intensive period of time can be a similar quantity of their private lessons in the normal system under longer time. During my first year, I could not free train in the club because they told me that I was not competing yet, that my dancing is trashy. Sometimes I felt heartbroken because I admire them, enjoy watching them competing, cheering them, and training with them. My conscience did not let others pull me down. I know I still had amazing people around me who like me and know me well so I kept surrounding myself with them and focused on the positives, this helped me keep persistence. Thanks to these people the situation is changing slowly to positive, which is appreciated by me. Someone said, "The human is not aware of what he can handle until he is forced to handle".

A common problem in dancing is the lack of male dancers. Solo girls have a difficult situation as they are not so visible or recognized. The most focus is on couples. This can feel boring. My son Arash Mateusz is my biggest support. I remember I was driving back from the competition with him, it was raining all the way, I was so tired and asked him if he could talk to me all the time so I do not fall asleep, he is caring and motivating me to do not give up. I did 13 competitions in 2019 no one mentioned it as someone wanted to hide my achievements. Fortunately, I have also my friends here who support me including my private



Dance school in Poland 1988



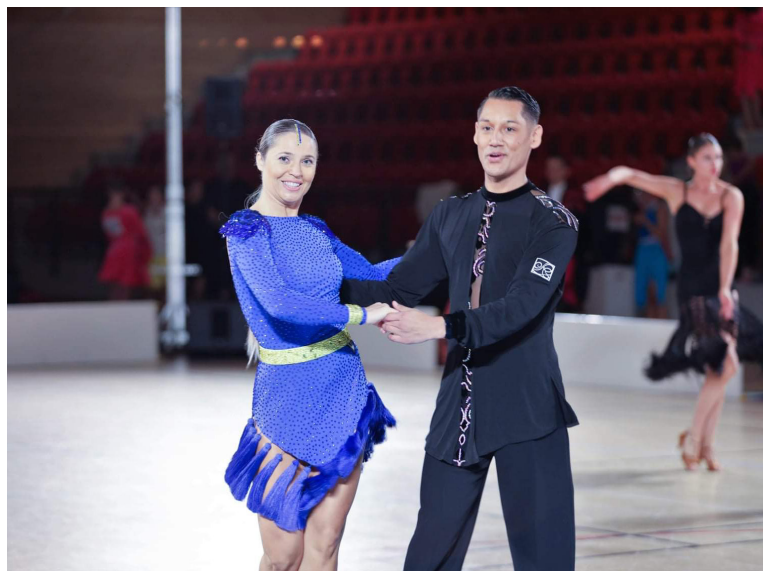
Mabo Camp in Italy with Joanna Leunis 2019

photographer Barbara Guza who even follows me on competitions sometimes. I am very thankful for having all these beautiful people all over the world who are cheering on me.

One of my favorite competition was in Italy Roma Cup. I got information about that almost two weeks before, and I desperately booked everything in one day to get there. It was five days of up and down situations. My hotel in Rome was a real catastrophe dirty but close to the central station. The competition would take place in the town called Cassino 1,5 h from Rome by train. I was so excited but in Cassino central station there was no bus or a taxi to the event so I walked 4,5 kilometers there in 26 degrees in my rain jacket by the highway sweating with my bag full of clothes and laptop (as I was working from Rome office in the meantime). So in this determination to archive a goal I got there. The atmosphere was amazing both from the board of teachers, dancers, and organizers. I enjoyed both competitions and gained a lot of knowledge from dance legends. There I met also teachers Barbara Mccoll and Graham Oswick for my teachers which was for me so unexpected. On my way back passengers waiting for early flights were dropped from the airport because of the policy there, so we needed to wait outside 4 hours at night. In the beginning, it was boring and cold, suddenly one Polish couple of dancers appeared there so we of course united and started to dance with other passengers while the security guard has played music for us. So I got new friends, am still in touch with this dancing couple. You know sometimes you get friends for life you do not see them often and when you meet they light our life up.

On the last competition in 2019 Nordic Open in Katrineholm representing Sweden I lost my heels on the dance floor but managed to win second place in Standard dances. I lost in Latin in the last place however won the next competition after that.

The WADF World Artistic Dance Federation (connected to WDSF World DanceSport Federation) organizes competitions for Solo girls which is very good because it opens an opportunity to develop in her tempo and also makes a girl independent of a boy who f. ex suddenly jumping off a competition a week before as it happened to me. However, I wish there was some international project to help these girls who have a goal dancing in a couple, to find dance partners especially the ones who are talented and develop quickly who invest a lot of time, energy, and money



DSF Helsingborg Trophy 2021 with Frank van Elk

in private lessons, competitions, and clothes. I wish someone improve girls' perspective, make them move visible, promote them, make them ambassadors, and use their full potential so one can see the effect of their effort. The fire and drive are strong in me, so many hours of regular training and competing is a possibility for me to explore it.

Before the COVID19 pandemic in October 2019 opened a new Air Dance online school with top dancers and teachers in Warsaw like f. ex Joanna Leunis, Michal Malitowski, Maurizio Vescovo, Vladimir Sharapov, Aleksandra and Lucas Tomczak, Kristina Moshenskaya and Marius Balan, Olga Kulikova and Dmitry Zharkov, Sara and Andrea Ghiagarelli, who help us gain knowledge directly from home. I had even the opportunity to take online lessons from World Champions in Standard Annette Sudol and Simone Segatori. After that in 2020, I attended also a dance camp with Paolo Bosco and Alina Nowak. I had also the pleasure to join a Consulting and Psychotherapy session about the very important subject of Motivation with an expert Rudolf Vermeij, especially in these uncertain times. He talked about the meaning of our dance, over-identification, objectification, love, desire, confidence, and remember to respect each other. This is also very appreciated.

I am a proud Polish woman and always wanted to represent my country or the country where I live. So the design of my dance clothes is also original to show where my heart belongs to and is divided as of this strong band because my son is born in Sweden. This aspect of the outfit is sometimes problematic because of the high cost so I try to find sustainable solutions like sewing my creations.

Currently five years after my dancing in Sweden I have a dance partner in ten dances and belong to elite investment Team Sweden to proudly represent this country in international competitions. I enjoy it when we can build solidarity and integrity, help each other, create new things together, can achieve our common goals together. This is what a real sports spirit is about. I believe this energizes and unites us. I would like to see the growth of the number of dancers in Sweden and our quality of dancing in the international arena. The strongest ranking uses to have Russia and Italy but I would love to see Sweden even stronger. To break some stereotypes. I am glad and appreciative that we have teams who work on that. We can invite guest teachers (of course it depends who decides and belong to the club board), attend camps and I would like us to attend international camps to exchange knowledge, develop a network, and understand dance from different perspectives. However,



Swedish Championships in 10 dances couple 2018

and muscle memory. he/she worked on for such a long time. To keep both disciplines, we would need to change our approach and mindset to build integrity and find solutions to reach common goals for clubs,



Photo: Greg Salsa, Session with Sergio Molina in Stockholm 2021

some people could be more open-minded. Many dancers end their careers too early because of politics, what is worrying me that there are already young ones (youth category). Some are choosing to focus on one discipline (often Latin) because of their dance partner's preference. The consequences are that a very talented ten dance dancers lose Standard discipline skills

dancers, and teachers to use better resources like f. ex dancing with two dance partners each discipline parallel like I had the opportunity in ProAm. "If there are no dancers there is no work for teachers" – Lasse Odegaard. In Stockholm, we use to create a common lesson for groups in Standard and Latin for the same period and same prize to include all to join both disciplines there is not lower cost for Latin dancers only.



So our (dancers) development “is about maximizing our opportunities” Ann Wilson. My biggest dream is to include ten dances in the Olympic games as we dancers train like all other sportswomen and sportsmen. Stay safe, open your wings, keep dancing, and let your shine bright. With Love Diana Kicia

TOMAS JOHANSSON

From Ice-skate

to Olympic Medalist



Interview with Tomas Johansson a Swedish wrestler from Haparanda, Olympic Vice Champion and World Champion in Greco-Roman style in super heavyweight.

BEFORE WRESTLING DID YOU TRAIN OTHER SPORTS, IF YES WHAT WAS THAT?

I was 9 years when I started wrestling. One day when I trained some ice-skates it was -30 degrees and we went to a place to warm us up then we realized that it was a wrestling club. There was one lead Olle Björkén who asked me if I would like to train in wrestling. So I started the next day and enjoyed it. I met new friends too. We were quite many there. Haparanda was quite big within wrestling and bandy.

WHAT DOES SPORT MEAN FOR YOU?

It is very important. People need to sport, everyone should move and do some sports in some way but to become an elite sportsman it requires a lot.

WHAT IS THE MOST IMPORTANT FOR YOU IN LIFE?

The most important are the health, my family and friends especially now in these difficult times during pandemic.

HOW IS THE LIFE IN HAPARANDA? LIFE CONDITIONS, WEATHER?

Today it's -22 degrees outside, but actually, it does not feel so cold, it's not windy. If you have good clothes, then it is fine. Last week we had quite a lot of snow so it was quite a lot of work with snow removal. Haparanda has very good locals for sports, it is a little town with 10 000 inhabitants close to the Finnish border. We have good condition for sport. Haparanda is a sports city.

WE KNOW THAT YOU HAVE BEEN IN POLAND MANY TIMES AND MET OUR KNOWN POLISH WRESTLERS LIKE ŚWIERAD, SUPRON, SKRZESIŃSKI. WHY DID YOU LIKE TO TRAIN WITH POLISH WRESTLERS?

We had a Polish wrestler here in our club in Haparanda and we got the opportunity to travel to Poland. We had difficulty with sparring for our weight category. Then they said that Poland had few. So we needed sparring partners. It was exciting when we went to Poland for the first time they were nice to me trainer Janusz Kosiński, Andrzej Supron, Andrzej Wroński who was then younger than me.

It was interesting to observe his development and we became very good friends. So I continued my travels and camps there.

WHAT DID YOU LEARN FROM THEM, AND WHAT THEY COULD LEARN FROM YOU?

We had shorter training camps and I felt it was not enough. I got many new friends in Poland within wrestling and they took care of me very well. So sometimes during the competition, I felt more belong to this Polish team than to the Swedish team.

HOW DO YOU REMEMBER POLAND, SOME SPECIAL EPISODE?

We had a camp in Zakopane. We were a few heavyweight 130 kg wrestlers, we needed to run on the mountains, and it was slippery. I'm afraid of heights and fell then Polish wrestlers joked that I should be careful as we were close to the Czech Republic border and do not know the language there in case border control would come to speak with me. Another episode was at the camp in Cetniewo. I did not have a cell phone there so I ordered the call to my home and was waiting in my room. Then after I came back home to Sweden we received a call from Cetniewo that Tomas Johansson would like to come home earlier.

DO YOU STILL TRAVEL THERE?

Yes, I travel to Poland sometimes.

DID YOU HAVE A POSSIBILITY TO TRAIN WITH ALEKSANDR KARELIN IN RUSSIA TOO?

I was on camps in Russia but I could not train in Russia with Aleksandr Karelin, he used to come to us to Haparanda and Gothenburg.

WHO IS YOUR BIGGEST IDOL?

When I was younger the biggest Idol was our Swedish wrestler and Olympic champion Frank Andersson who just died. He was an idol for many teens in Sweden. Internationally Andrzej Supron, it was very interesting to watch his wrestling, there were many actions on the mat, he was fast. All countries had someone who was an idol then.

WHAT ARE YOUR STRENGTHS AND WEAKNESSES?

Yes, it was when I did not have opponents, so then in Poland, I could find a sparring partner. Also when some rules in wrestling have changed I did not have here opponent in my category, it was difficult. So I appreciate I could train in Poland. I was fast, my strengths were acrobatics and gymnastics. It was difficult times when Aleksandr Karelin appeared in this international arena.

Every time I would meet him in the fight I tried to do my best but I lost.

SPORT REQUIRES A LOT OF PHYSICAL AND MENTAL TRAINING. HOW DID YOU MANAGE THIS SECOND PART?

Mentally I am quite strong to prepare myself to load before the match. I was often better in the competition than on the training which is the opposite as many handle easier training than the competition. I enjoyed the competition so I was successful with that part.

DO YOU CONTINUE WITH WRESTLING NOWADAYS, DO YOU WORK AS A TRAINER?

Yes, I support our Haparanda SKT wrestling club sometimes. We use to organize a big competition Cup Haparanda then many European and World countries

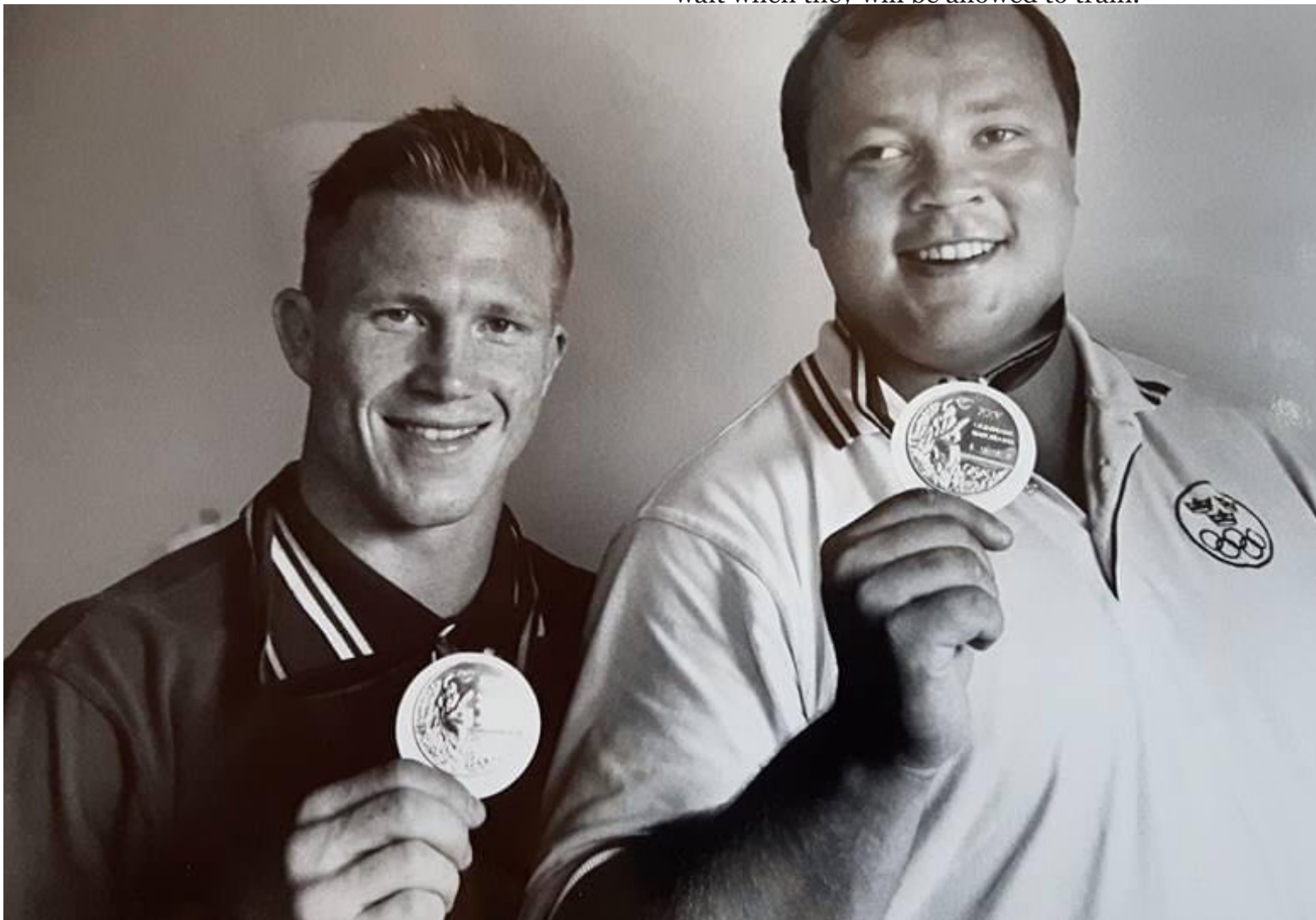
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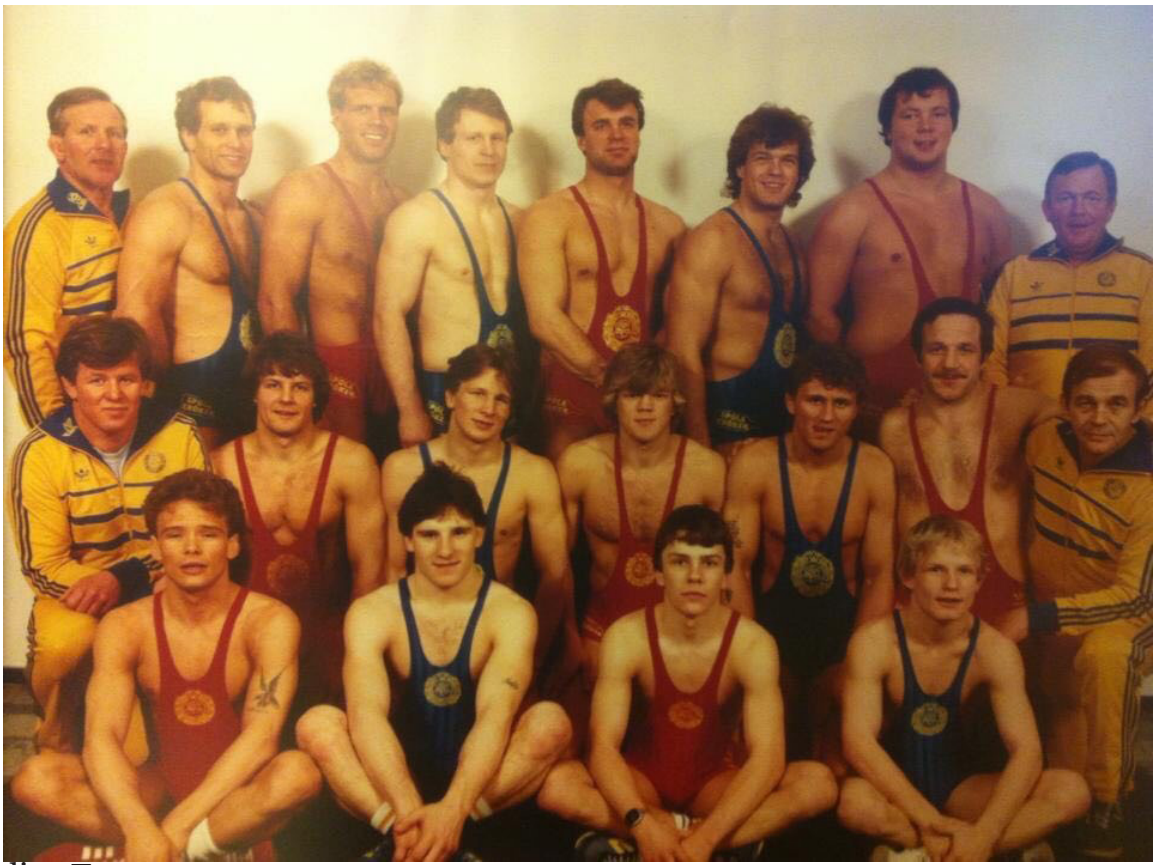
Yes, I support our Haparanda SKT wrestling club sometimes. We use to organize a big competition Cup Haparanda then many European and World countries visit us.

IS THERE ANYTHING YOU WOULD LIKE TO ADD?

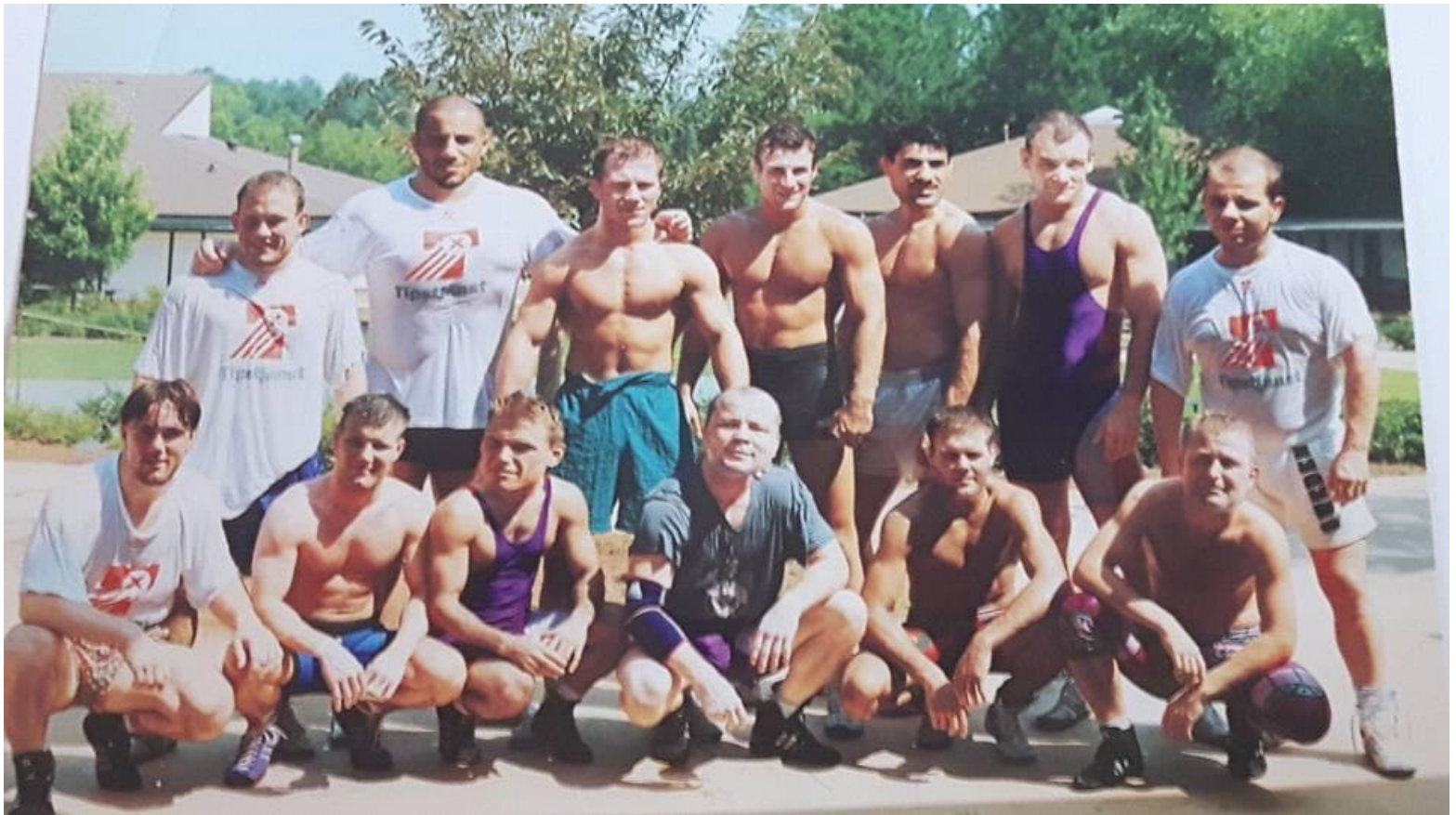
I am thinking sometimes how big hearts Polish had to have me there. It was not easy to come there and I was very lucky that I could train with them and got friends for the rest of my life. I appreciate it. I hope the corona crisis will get over and we will be back in normal life, to move, to meet our friends. The sport was on hold somehow. I work at school

school so I have students who want to do wrestling during the pauses outside the school as they can't wait when they will be allowed to train.

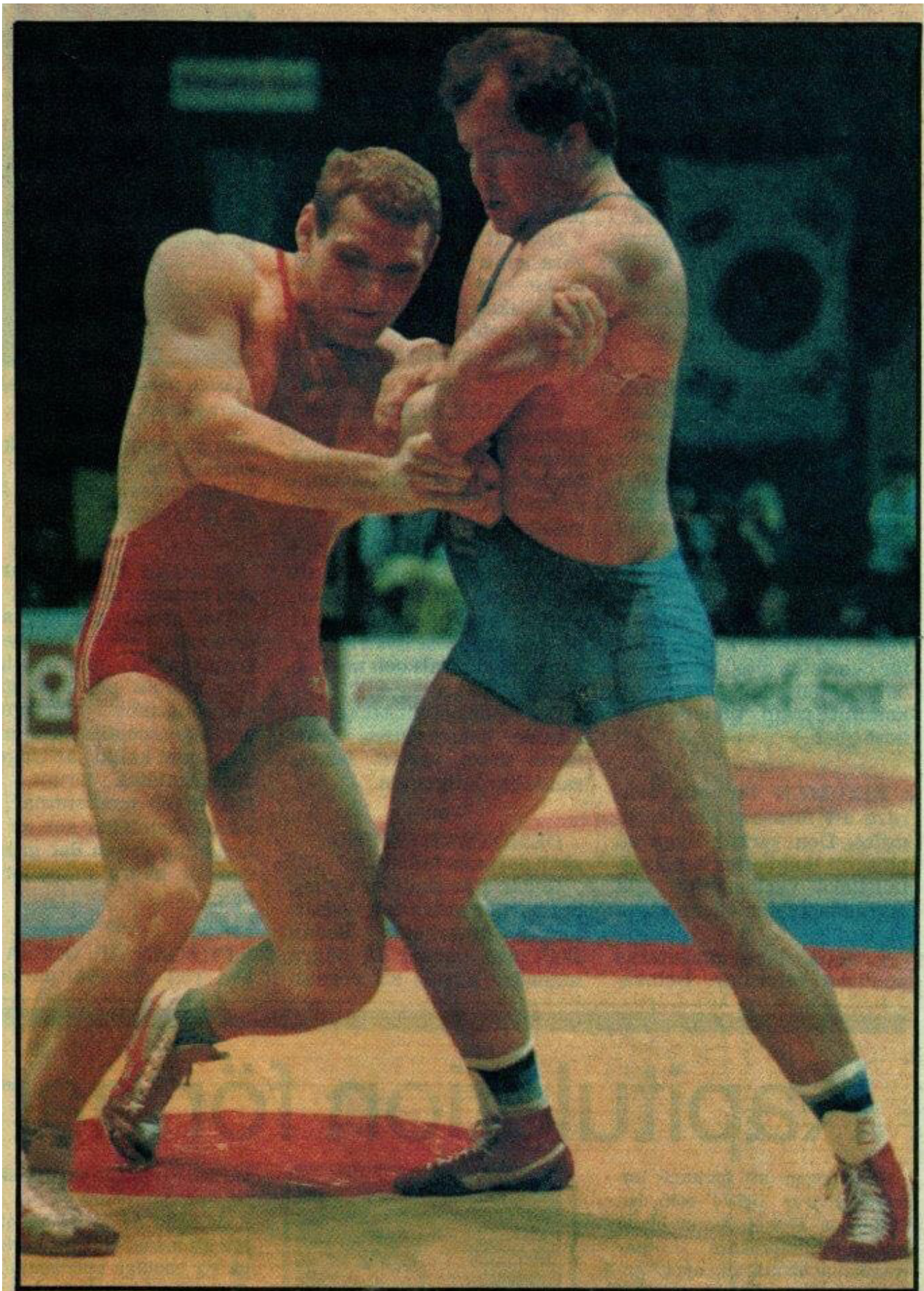




Swedish Wrestling Team



Wrestling Camp USA



Tomas Johansson with Alexander Karelin



European Championship Bronze Medalist Gulsah Akdag



Karate Sweden

Gulsah Akdag “ be strong.and be healthy”

Interview with Gulsah Akdag Tararbit European Medalist in Karate. A trainer of National Team in Swedish Karate Federation in Shotokan style. Teacher of Karate Program at Fredrik Bremer school in Stockholm. Recently built a new female karate team.

HOW DID YOUR JOURNEY WITH KARATE START?

I started karate when I was 8 years old, it was my cousin who started first who came to our home and talked about that, so my mother decided to send me there too. In the beginning, we did this for fun than after a while, I started to train more and more. So when I was 15 I started to train professionally in elite investment.

WHAT CHALLENGES DID YOU HAVE IN YOUR SPORTS CAREER IN SWEDEN?

The biggest challenge was that I still needed to work full-time and train. We as elite sportsmen do not get any economical support in karate in Sweden. So we need to pay for everything by ourselves. So this was stressful that there is not enough time.

The second challenge was a different weight category I used to fight for f. ex to keep bodyweight around 50 kg during a longer period was difficult especially for a woman with menstruation. When I was older I started to understand those challenges and my trainers explained also that to me.

WHO HELPED YOU, WHO IS YOUR BIGGEST SUPPORT?

My biggest support is my family, they helped me in this whole journey for example when I could not work full-time. I had tree also amazing and professional trainers who shared the most knowledge with me about karate.

CURRENTLY YOU ARE A TRAINER OF NATIONAL TEAM IN KARATE IN SWEDISH KARATE FEDERATION AND TEACHER IN KARATE PROGRAM WHAT MOST IMPORTANT VALUES DO YOU SHARE WITH YOUR STUDENTS?

The most important is that they need to have patience. I tell them about all steps in the process. They need to have an understanding that one cannot become a Champion over one night. So this will take time and they need to have a specific and realistic

So f. ex if you are not a Swedish Champion today you need to think to achieve this before you wish to become a World Champion. One needs to take the right step at the right time. Another important aspect is to have an opportunity to talk openly about things. One step you can manage within a specific period and next in another period. So both trainer and student are clear in the plan. mportant aspect is to have an opportunity to talk openly about things. One step you can manage within a specific period and next in another period. So both trainer and student are clear in the plan.

5. HOW OFTEN DO YOU TRAIN, YOU ARE IN SUCH A GREAT SHAPE AS A TRAINER HAVING TWO LITTLE DAUGHTERS?

Thank you so much, I train 4-5 times a week 2. My goal is to become an elite exerciser if I am not allowed to be an elite student. I feel well about it, I know that training and mental health go hand in hand so therefore it is important to me to be in a good physical condition.

6. DID YOU EVER FEEL UNFAIR TREATED IN YOUR CAREER BECAUSE YOU ARE A WOMAN AND HOW DID YOU HANDLE IT?

I was thinking about this question if I did but no, I didn't. I had amazing coaches in the National Team and I have been always a fair selection because I believe in this basic philosophy that I need to do a job to become selected and I was ready to do this job. So if it was about training 10 000 hours then I did it.

7. WHO IS YOUR BIGGEST IDOL?

Rafael Aghayev is very good at karate. Serena Williams the tennis player very skilled as an elite woman and she is also a mother. These two icons I have had as my idols for a long time.

8. WHAT ARE YOUR BIGGEST ACHIEVEMENTS, WHAT SPECIFIC GOALS YOU WANT TO GAIN THROUGH KARATE AS A TRAINER?



Gulsah Trainer of Swedish Karate National Team

My biggest goal was to win a European Medal in Karate and this I achieved. The next goal was to transfer knowledge. I wanted to work with other people and to have the opportunity to share my knowledge therefore I have studied 4,5 years at university and then 2 years, distance studies as an Elite trainer. Currently, my goals are to get more girls and young women in the karate world. So they can build their self-confidence. I think that knowledge is something more while we can share this, it gives more positive effects.

WHAT DOES SPORT MEAN FOR YOU? IS KARATE A GOOD SPORT FOR GIRLS? RECENTLY YOU CREATED A FEMALE GROUP OF WOMEN IN KARATE COULD YOU PLEASE TELL US MORE ABOUT THAT?

Sport is my lifestyle. I believe in the philosophy that health: head and body go hand in hand. I tell them to do not to give up. You need to have both your head and body in a good shape. One needs also to consider an important aspect of a healthy diet. So no over train the body and do not eat properly, there needs to be a balance all the time.

Karate is very good for both women and men. Karate is not only a camp sport, there is a lot of discipline, strategic thinking, problem-solving, better self-confidence, self-awareness in karate. It also helps to believe in ourselves in case we might get into a problematic situation outside karate.

YOU ARE AN INSPIRATION FOR MANY KARATE SPORTSWOMEN AND MAN. HOW DO YOU MOTIVATE YOUR STUDENTS TO DO NOT GIVE UP?

I explain to them that one needs to go through different phases. If life was perfect so there is no challenge. To become better makes things harder, if you are better more expectations there are on you. This is good if someone can explain this to them early in their career. I use to tell them that this is a long journey and we do this journey together, they are not going to be alone in this, I was a trainer will be always there for them as far as they do their work, I cannot do this job for them.

YOU HAVE TWO BEAUTIFUL DAUGHTERS DO YOU WISH THEM TO TRAIN KARATE IN THE FUTURE?

I get this question quite often. I wish them to train, then if they want to become elite practitioners in karate or another sport it is up to them. But I wish them to learn karate only to know self-defense and self-confidence. This is extremely important. Martial art is sports where you can best build self-confidence in case you might be in a difficult situation.

IS THERE ANYTHING YOU WOULD LIKE TO ADD? BESIDE GROUP LESSONS YOU PROVIDE ALSO PERSONAL LESSON?

I think if we people will get better to take care better of ourselves so it makes easier for us to take care of other people as well. Everything starts in ourselves with positive thinking, believing in ourselves, that we dare to develop.

Yes, I started a company be strong.and behealthy where besides group lessons I provide also personal training. The goal is to build people's bodies so they become strong, everyone has different levels and different goals. There is also a lot of discussions and work on self-confidence so everyone feels well with the body she/he has. You should not feel like 80 years old when you are 40.

European Championships in Wrestling in Warsaw Poland

The report from European Championships in Wrestling Seniors took place on 18-25 of April in the big hall of Torwar in Warsaw where our international correspondent Diana Kicia received a VIP invitation from Andrzej Supron the President of the Polish Wrestling Federation.



Polish Female Team with trainers

It was a well-organized sport event with control regarding covid restrictions, amazing atmosphere and high quality of technical support. We had athletes from both Free and Classic styles from 30 countries.

Poland collected a total of 9 medals: 5 bronze and 4 silver. The winner was Russia who collected 22 medals. Sweden did not collect medals this time.

Results from freestyle ladies: Roksana Zasina (55kg), Angelina Lysak (57kg) won silver and Katarzyna Madrowska (62kg), Aleksandra Wolczynska (65kg) Anna Lukasiak (50kg) won bronze.

Results from freestyle men: Krzysztof Bienkowski (67kg) won silver and Eduard Griegoriev (61kg), Radoslaw Baran (97kg) won bronze.

Results from classic style men: Mateusz Bernatek (67kg) won silver.

Incredible emotions during fights presented Angelina Lysak and Anna Lukasiak showing a lot of engagement and appreciation, tears, and happiness. From male wrestlers, we enjoyed fights by Roman Pacurkowski who placed in 5th place. This young participant comes from Ukraine and represents the AWF Warsaw club.

This time our experienced wrestler Olympic Tadeusz Michalik (97kg) unfortunately could not achieve his goal as of fast preparation to fights in the different weight category and his body did not manage the condition needed to fight when he lost with Finnish wrestler Arvi Savolainen, but we keep fingers crossed to the next competition for his normal weight category.

Mateusz Bernatek has presented a beautiful technique, fight, result, and the most of all real sportsman approach winning silver. This is proof that he grows tremendously and is a great candidate for higher achievements for Poland we hope he will get an opportunity for. Roman Pacurkowski below during a fight.

It was an honor to meet many known trainers and olympics like Kisinski, Andrzej Wronski, Roman Wolny, Jacek Fafinski, Marek Garmulewicz, Jozef Niemec, Antoni Zolna, Hubert Roszkiewicz, Monika Michalik, Jacek Wieczorek, Damian Janikowski who strongly supported wrestlers.

From Swedish representation with Alex Kesidis, Bogdan Kourinnoi, Daniel Soini, Oskar Johansson results, unfortunately, were not what we hoped for because of some injury and sickness as later explained by Dawid Swierad the trainer of the National Team from AIK Wrestling Stockholm. One of these representatives Alex Kesidis is already qualified and preparing for Olympic Games in Tokyo. We wish you good luck, Alex.

It was a beautiful event with good stamina and energy. Thank you for inviting me and showing your sport spirit. We could see you left a part of your hearts on this mats! Mashalla!





With Katarzyna Krawczyk Olympic and Anna Lukasiak European Championship Bronze Medalist 2021

DANCE SPORT BALLROOM AND LATIN DANCING. REPORT FROM THE INTERNATIONAL DANCE SPORTS CAMP IN MOLINELLA, ITALY.

The 20th International Dance Sport Camp took place on the 26-31st of July in Tam Diablo Dance Club under World Dance Sport Federation. The camp takes place in Molinella, Italy every year. Designer Magazine had the opportunity to join this event and enjoyed knowledge sharing. We had approximately 500 couples and many top dance teachers from different countries and different levels.



With Allina Nowak, Gabrielle Goffredo, Anna Matus and Edgar Borjas, Molinella, Team Diablo, July 2021



With Claudia Koehler and Benedetto Ferruggia World Champions in Standard Dancing

Team Diablo performance center “Nobody can stop the progress” exists for almost 30 years and is known for their ten years old private research investment for dance athlete’s body capability within dance sport – tells Marco Cavacini one of the trainers of the sports center’s gym. Marco and Davide Cofone are fitness trainers for dancers. The research they conduct with leading of professor Gulio Rattazzi.

Our international correspondent Diana Kicia was also there during the camp and under morning analysis. “There is a detailed analysis of the condition, balance, weight, explosiveness, and one can even check the consistency of the water in blood cells” – tells Diana.

Team Diablo’s method and system based on body analysis is one of the most successful in the World. Explosiveness is a nerves-muscles system to build the ability to high performance. System-model is used for 10 years for over 100 couples many of them on a top-level. There is a big improvement in abilities of body coordination correctly. In the judgment aspect the results of this research activity done in a long terms impact on every scale –tells Marco Cavacini during his session “The Strenght of the Dancer”

Physical trainers in cooperation with Dance trainers need to keep close dialogue which muscles should be adapted to dance technique. Each dancer has unique characteristics in the body and the teacher needs to adapt training to achieve dance-related abilities.

The improvement of Explosive power is fundamental for every athlete. Here we mean power resistance in longer-term, long resistance power, speed power. The combination of all these aspects is an art. “We observe a significant efficiency in terms of power”- tells professor Gulio Rattazzi.

The agenda of the camp for 7 days was divided into group sessions in the theoretical part and the physical part in private lessons Standard and Latin dancing. We had many guest teachers from around the World like Sergej Milicija, Paolo Bosco, Claudia Koehler, and Benedetto Ferruggia, Anna Matus, and Gabrielle Goffredo, Alina Nowak, and Edgar Borjas.

The subjects of theoretical sessions were “Floorcraft” which was conducted by Kristina Moshenskaya and Marius Balan, “Music in Dancesport” by Veronika Haller, “The musicality” by Francesco Galuppo and Debora Pacini, “The importance of technique in dancesport” by Claudia Koehler and Benedetto Ferruggia,

“The importance of nutrition for fitness and performance”. Understanding of calories needs to be adapted to body energy needs. “Diet should be adapted on the individual athlete level” by Dr. Francesca Calandriello.

Conclusion of the international dance camp in Italy with many different subjects and many important aspects as earlier mentioned which have been discussed: dance, music, nutrition, psychology, fitness program. If you do not see results you need to change something is not enough to only dance as many dancers think you need to do physical training, keep diet and mental support to prepare the body to use its abilities to the maximum and reach the top.

I would like to show my gratitude to Team Diablo for inviting me to such an amazing event -Diana Kicia – The international Correspondent of Designer Sports.



Diana Kicia with Kristian Moshenskaya and Marius Balan World Champions in Latin

**FROM AN IMMIGRANT
TO THE SWEDISH
CHAMPION**

NEMAT NOORI

THE POWER OF SPORT

KARATE SHOTOKAN

“Today I am proud and glad when I think how high I have reached. My journey started in August 2015 from Pakistan from a town that’s called Hazara Town in Quetta. I was getting ready to start my journey towards Europe, towards my goals and aims I had. This journey took 2 months and changed my life. I started moving towards Afghanistan and I see on the way that it is not only me, there are thousands of people who are leaving their country for a reason. The first country after Afghanistan was Iran that took nearly two and a half weeks to get there. I would say that is the worst journey I had because of my experiences. I suffered most and witnessed horrible situations.

When the smugglers divide you into groups it looks like you all are a flock of sheep and follows the direction that the shepherd shows you. Running from the thieves, hiding in the mountains, hearing shooting, seeing corpses on the mountains, all was so terrible that made you give up but I focused on the beauty of the stars from the mountain, seeing corps made me feel stronger to not give up. After Iran, we walked on the mountain for like ten hours towards Turkey. You are scared of the police because if they see something they shoot directly. You need to save bread and water for weeks because you never know how long you have to stay in a desert or mountains. In Turkey, I lived two weeks in a room with twelve others and we were not supposed to go out. I remember that everyone could not sleep because we had our legs on each other’s legs.

From Turkey to Greece I reached with rubber boats. I was scared I could not swim and had no idea how it feels to be in a boat in the water. My first experience with a boat was a rubber boat which is for 12 people and we were near 50. The only thing I had was the hope of surviving and letting my parents know that I am in Greece. When I reached Greece there were lots of people who helped with the food and clothes and UNICEF was there as well. After Greece it was much better because the borders between countries were open and it was not illegal to walk into another country. from Greece to north Makedonien and then Serbian, we drove buses and little walks from the borders then I Serbian we walked from jungles that raised water to my chest. In Hungary, I took the train and then came to Austria. in Austria, we walked around 5 hours to a train station and then to Wien and then Munich by train and then from Munich to Hamburg and then the train to Malmö.

This journey taught me a lot, how to not give up easily, have hope and be positive, you have been with the worst and nothing is like that sometimes I say to myself to encourage myself.

The sport gave me the power to change my world and I was willing to do it and now. I have just received a mail from the Swedish National team that I was selected to represent Sweden in the European championships in August 2021. It shows me the results of hard work and nothing is impossible.”

Nemat Noori



Nemat Noori Gold at Benzai International Cup Berlin Germany 2021

Interview with Nemat Noori 18 years old member of National Team in Swedish Karate Federation in Shotokan style. Student of Karate Program at Fredrik Bremer school in Stockholm.

1. DID YOU TRAIN OTHER SPORTS BEFORE KARATE, WHAT WAS THAT?

I used to play football with my two brothers in Pakistan, otherwise no I didn't do any specific sports before karate.

2. WHEN DID YOU MOVE TO SWEDEN AND WHAT WAS THE REASON, WE KNOW YOU HAD A DIFFICULT JOURNEY?

I moved to Sweden in 2015 under this big wave of migration. It was very difficult situation in my country. We were under bombs so every day was a nightmare. People were arrested. My family decided to send me to Sweden. It was hard to leave my whole family behind me but I wanted piece and continue my dreams. There were no national games in Pakistan. So when I came to Sweden I decided that I will get to National Team.

3. HOW MIGRATION IMPACTED ON YOUR LIFE, WHAT CHALLENGES DID YOU HAVE?

The whole procedure from Migration Agency which impacts everybody takes quite long time. This waiting without knowing about the future was hardest. The worry if you can stay. But we have to be positive, despite pressure to do not give up, that's not an option for me.

4. WHO HELPED YOU, WHO IS YOUR BIGGEST SUPPORT?

My biggest support in Sweden is our Sensei Reza Mohseni and friends I met. When I started to work in his Shiai karate club. He believed in me and motivated me. Training helped me also to keep on going. The power of sport.

5. CURRENTLY YOU ARE A MEMBER OF NATIONAL TEAM IN KARATE IN SWEDISH KARATE FEDERATION; HOW OFTEN DO YOU COMPETE?

I got my residence in 2017 and won Swedish National Championships in 2018 which decided about my membership to get to Swedish National. But needed first to get for 2 more years to get Swedish Citizenship.

6. HOW OFTEN DO YOU TRAIN?

I train to 10-11 times a week, 2 times a day during a week, rest during the weekends in case no competition. We have a strong trainer at Academy Gulsah Akdag Tararbit who is European Medalist in karate recently building a new female karate team.

8. WHO IS YOUR BIGGEST IDOL?

When I saw Stanislav Horuna I directly become inspired and dreamed one day other could watch me in the same way. Currently I admire to Rafael Nadal who is World Champion who is not afraid of losing and never give up, he is joining al competition. He strongly inspires me I am going be like he or better.

9. WHAT ARE YOUR BIGGEST ACHIEVEMENTS, WHAT MORE YOU WANT TO ACHIEVE, WHAT SPECIFIC GOALS YOU WANT TO GAIN THROUGH KARATE?

For the first time I traveled in 2019 in Austria where I won silver medal for the club. Luxemburg, Hungary and Croatia without medals but a lot of experiences. After that I was in Finland where I won silver and then Denmark gold. So these is my achievements outside of Sweden.

10. WHAT DOES SPORT MEAN FOR YOU AND WHAT WOULD YOU RECOMMEND YOUNGER GIRLS AND BOYS IN STRUGGELING FOR THEIR DREAMS?

Basically for me sport is everything. I cannot live without sport. When I get sick and cannot train I am more sick, this is very important I think for society, to make friends and hold you healthy.

11. HOW ABOUT YOUR CURRENT KARATE TEAM DO YOU SUPPORT EACH OTHER AND MOTIVATE EACH OTHER, HOW DOES IT WORK?

We have a team in school, our own club. Everybody inspires each other, we are like a family. The most important thing is that we help each other, push to achieve goals. If I see my team member not doing good job, I use to lift him/her mentally so they believe in themselves. Sending them positive energy.

12. IS THERE ANYTHING YOU WOULD LIKE TO ADD?

"When your dreams don't scare you they aren't big enough" important quote by Mohammad Ali. So my dreams scare me it's a good feeling. So dream big and do not give up.



Swedish Championship



Shiai Karate Klubb with Sensei Reza Mohseni

AIRDANCE – GLOBAL INNOVATIVE DIGITAL SOLUTION FOR DANCERS AND TEACHERS

AirDance application is a genius idea, concept found by Joanna and Lucas Wargala, which allows dancers to join online lessons with legendary dance teachers from the whole World from different organizations for an optimized price. The subscription is not binding and app currently has around 7000 subscribers. Lessons are also archived so one can watch them when is suitable. AirDance gives possibility to both teachers and dancers to unite in these difficult times of pandemic while some countries are locked down.

AirDance academy is based school in Warsaw owned by ProAm couple Joanna Wargala and Vladimir Sharapov (as a teacher). On 27th of December they successfully organized their first AirDance Christmas Ball.

AirDance created also Synergy Team/Camps lead by Joanna Leunis, Maurizio Vescovo, Andrea Ghiagarelli. Designer Magazine decided to join the AirDance and tell the World about this innovative solution for dancers and teachers. “The main rule of being a teacher in AirDance is that you need to be a Champion” says Joanna Wargala. Lessons for all levels are with Joanna Leunis, Michal Malitowski, Olga Kulikova, Dmitry Zharkov, Sara and Andrea Ghigiarelli, Maurizio Vescovo, Victor Nikovski, Karina Smirnoff and Justinas Duknauskas, Carolyn Smith, Aleksandra and Lucas Tomczak, Kristina Moshenskaya and Marius Balan, Jagoda and Jurij Batahelj, Melinda and Andrej Skufca, Viktorija Kharchenko and Kirill Belorukov.

Joanna Wargala started with ProAm dancing only four years ago. ProAm means Professional Amateur which means that Professional - Teacher is dancing with Amateur - Student on the competitions and educate her/him through private lessons.

Our International Correspondent Diana Kicia had an honor to conduct an interview with Joanna Wargala to find out how she manages her different roles as a mother, wife, supervisor, business woman, active ProAm dancer and co-owner of few companies during her intensive development

How and when your ProAm career started?

Oh it is a beautiful story but quite a long story, my ProAm career started four years ago in August 2016 with my first dance partner Tomasz Jaszewski from Gracja, Zielona Gora. I directly felt in love in dancing for the first sight. That was really something that changed my life. I started to train a lot and after two months I went to my first and one of the most beautiful competitions London Ball.

What are your achievements? You compete also internationally quite a lot as I observe you travel a lot, yes? Yes, actually it's very good and easy for me because regarding my work I have got a few businesses outside of Poland so that gives me opportunity to travel which I combine with my passion to dance. So this is the perfect way to stay happy. I have also possibility to go for all these beautiful tournaments all over the World.

Regarding my achievements, I have already danced with five dance partners. The longest partnership was with Marek Fiksa great dancer and with him I was second in Blackpool. I am still ProAm World Champion from Minsk 2019 what I won with Oskar Dzedzic because this year championships have been cancelled due to pandemic. Currently I dance with Vladimir Sharapov and we are fresh winner of WDC World Cup in Vilnius, Lithuania.

When the idea about AirDance born?

In 2018 in Blackpool so two years ago. We with my husband already had in one of my company's application doing a concierge service which we created four years ago. Because of the possibilities and my work with dancers we were thinking how to help dancers, couples over the World. As we know dance is a beautiful sport but also very expensive, to get lessons with the best teachers like we have now here you are watching a beautiful Joanna Leunis teaching in front of us so that cost money. So it was an idea to get all the best teachers in one place like an app and then one can join all lectures without need of travelling just online for quite a good price which is now 29,99\$

per month. Every month we have fifty to hundred lives we do.

How many customers do you have?

We are on the market from the beginning of March 2020 so we started a very short time before Pandemic. We were available on the second week of January on the AppStore and started recording and work with all teachers in February and now we have got around seven thousand subscribers.

How do you recruit teachers?

Actually the one of the most important rules in AirDance is to be a Champion and we would like to have the best teachers in the World.

How do you manage your all roles as a wife, mother for two daughters, business woman, supervisor and active ProAm dancer?

It is not easy, the best answer on that could give you People around me, my team who are working with me

because they know me and they spend a lot of time with me. I think the main reason is that I really love to dance. If you love to do what you are doing you find the time to make it easy and enjoy it.

What would be your advice for young girls?

I believe that dancing is one of the most beautiful passion that you can imagine and if you have time and you cannot find now any hobby you can spend your time and have some goals that you would like to achieve so dancing if for sure a good solution. Designer Magazine thanks Joanna Wargala for sharing her story.



AirDance Academy here Synergy Camp with Oxana Lebedew



World Cup in Vilnius Joanna Wargala and Vladimir Sharapov

Martin Lidberg

the World Champion in
Wrestling

Co-Author of Brottar
Bröder Fight for Life book



Martin Lidberg World Champion in Wrestling
France 2005 Photo: AFPMartin,s private gallery

The interview with Martin Lidberg the World Champion in Wrestling, Co-Author of Brottat Bröder Fight for Life book, Co-Owner of Gritnest Performance Center, Winner of Let's Dance, and Participant in Eurovision Contest and TV programs.

Could you please present yourself shortly Martin?

Martin Lidberg I am European Champion and World Champion in wrestling. I have been also dancing. I have proved that we wrestlers can also learn to dance and won Let's Dance program with Cecilia Ehrling. I was also in England and participated in the Eurovision Dance Contest. The purpose was that all winners from Let's dance programs in the world would meet there but Sweden misunderstood that so when we came there so it was real dancers European Champions, World Champions, so only we from Sweden and one Polish couple who were from Let's Dance. The rest were professional dancers.

When the idea about Gritnest start and what Gritnest mean?

I have always had a dream to open a performance center where we can provide sportsmen the most of what they need physical training, mental coaching, nutritional analyzes, diet. If someone is injured or has a strain symptom. So Gritnest is a place where sportsmen can get support in almost everything around their investment.

Is this the first place in Sweden that is created in this way?

I think that we are the first place in Sweden which work in this way. We use to say that we are a smaller variant of Bosön which is the Swedish Sports Confederation's Development Center. Bosön is big and supported by more people here at Gritnest we are a smaller team where we cooperate with expertise within different areas, so we have a lot of expertise in-house.

What kind of services your performance center provides?

The physical training, tests like f. ex BodPod (measuring body composition), mental coaching, diet, nutritional analyzes.

Who should apply to your performance center? From which sport-disciplines you already support and you can support?

We are here for almost all disciplines individual sportsmen like wrestlers, dancers, tennis, but also sports team like football, basket, handball.

Do you also cooperate with different confederations like the f. ex national sports federation?

That's right. We have cooperation with different confederations, for instance, performance psychologists and sports psychologists who help our active sportsmen.

You have written a book Brottat Bröder "Wrestling Brothers" Fight for life with your brother Jimmy Lindberg who is an Olympic champion in Greco Roman wrestling, about your both carrier and private life and challenges, can you tell us about that?

We have grown up in a family where the father was game addicted. So situations could change dramatically sometimes we had money and sometimes could we barely pay our bills. It became insecurity. Later when I was older so our father's addiction has been escalated. It was threats and debts from several people which impacted our lives. We became involved in the process of addiction. We have written about our history which we hold secret about for all these years, but also how it impacted us. By this story, we want to inspire other people that everything is possible, and one can achieve goals despite different backgrounds and challenges.

Did you get any support from the sport as teenagers under these difficult situations?

The sport was very important for us. It was our sanctuary. There we felt strong, we had our other families, we could forget this hard time we experienced at home, we could live it behind. There were positive energy and joy. It was very important to keep the balance in our lives.

You plan to produce a movie based on your book which is now in Swedish, will you translate it into English both the book and the movie?

Yes, we plan the movie Brottat Bröder, we have involved directors and actors. We plan to translate our

book into English as we got many questions about that and to release the movie in English as well.

We know that besides the local trainers you had also developed your career with the international trainers, who helped you most?

Yes, I had many trainers in my career. I had one trainer from Hungary who means a lot to me and who laid the foundation for my technique, he trained me since I was fifteen. I had also Ryszard Świerad from Poland a fantastic trainer with eyes for details so one could achieve the world's best results which we did. He also means a lot to me.

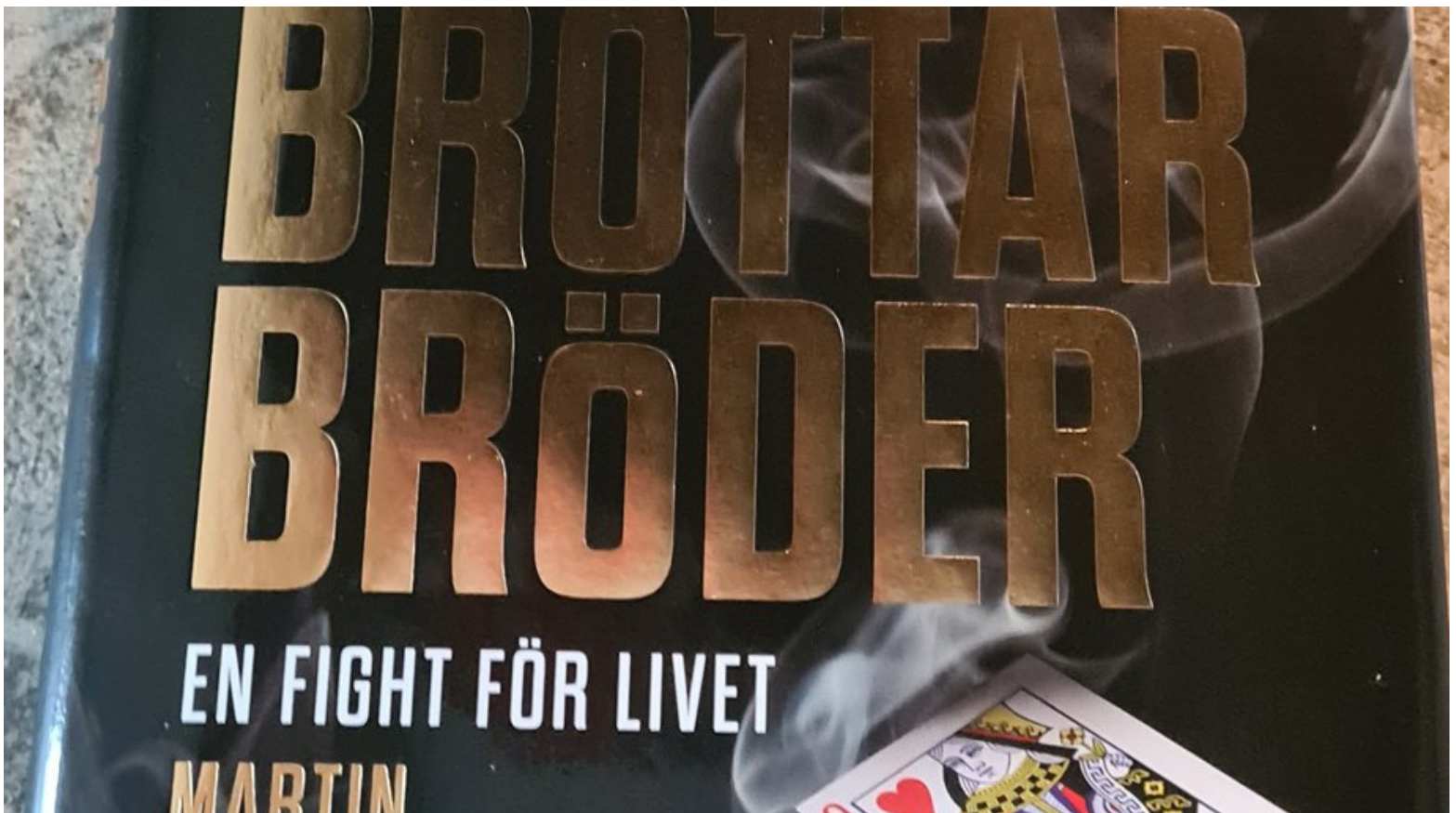
You have used research in your career by implementing a new machine in your training created by Johnny Nilsson?

Yes, we had researchers like Johnny Nilsson, Alexander Ovendal there we integrated research in our training with different equipment. One machine to build press skill which is very important in wrestling, another machine was for lifting to become strong to build overcapacity skill which became one of my victory weapon which contributed to my success.

If you wish to know about Martin, you can visit his page <https://martinlidberg.com/>



The Best Swedish Wrestling Club with trainer Ryszard Swierad



“Wrestling BrotherFight for Life by Martin and Jimmy Lidberg

DANCE SPORT – BALLROOM DANCING - REPORT FROM INTER- NATIONAL QUALITY CAMP

The International Quality Camp took place on the 28th of December in Dance Studio Classic was organized by a Polish couple of professionals Aleksandra and Lukas Tomczak Vice World Champions in Ballroom Dancing. The camp takes place in Warsaw four to six times a year. Designer Magazine had the opportunity to join this event and enjoyed knowledge sharing. We had approximately twenty couples from different countries and different levels.

The agenda of the camp for two days was divided into group and private lessons in Standard and Latin dancing. Every time there is a guest teacher, this time it was Stefano Terrazzino.

Lukas and Aleksandra put a lot of attention to technical details. This time the group lesson subjects were Feeling the Timing, Timing the Feeling, and Mechanics in English Waltz and Slowfox. We could observe Lukas dedication to their couples during one of the private lessons, he supports his students with the equipment called Strong Frame to train a leader's frame while dancing the Quickstep. Aleksandra uses to complete many of Lukas's explanations during knowledge sharing, which is helpful for the follower.

Our International Correspondent Diana Kicia had the honor to conduct a short interview with Aleksandra Tomczak.

Quality Dance Camp, Warsaw, Poland

When did you start to dance?

When I was a child 25 years ago, I started in the Gracja club in Krosno, Poland.

How long did you dance in a couple with Lukas?

We have been dancing together for fifteen years. We are happy to share our passion and love and spread it on the dance floor. We got married in 2016.

What are your biggest achievements?

We are Vice-World Champions, European Champions, and Polish Champions.

What are your goals?

We will compete for World Champions and Blackpool Champions. Recently we were close to finalists in professionals in Blackpool.

How often do you organize the International Quality Camp, does it happen in Step and Swing?

We organize the camp four to six times a year in different clubs in Warsaw. We invite also to the camp different guest teachers like recently Michal Malitowski, Stefano Terrazzino. The next Camp will be at the end of January 2021. We also teach in AirDance online. Step and Swing is my own company.

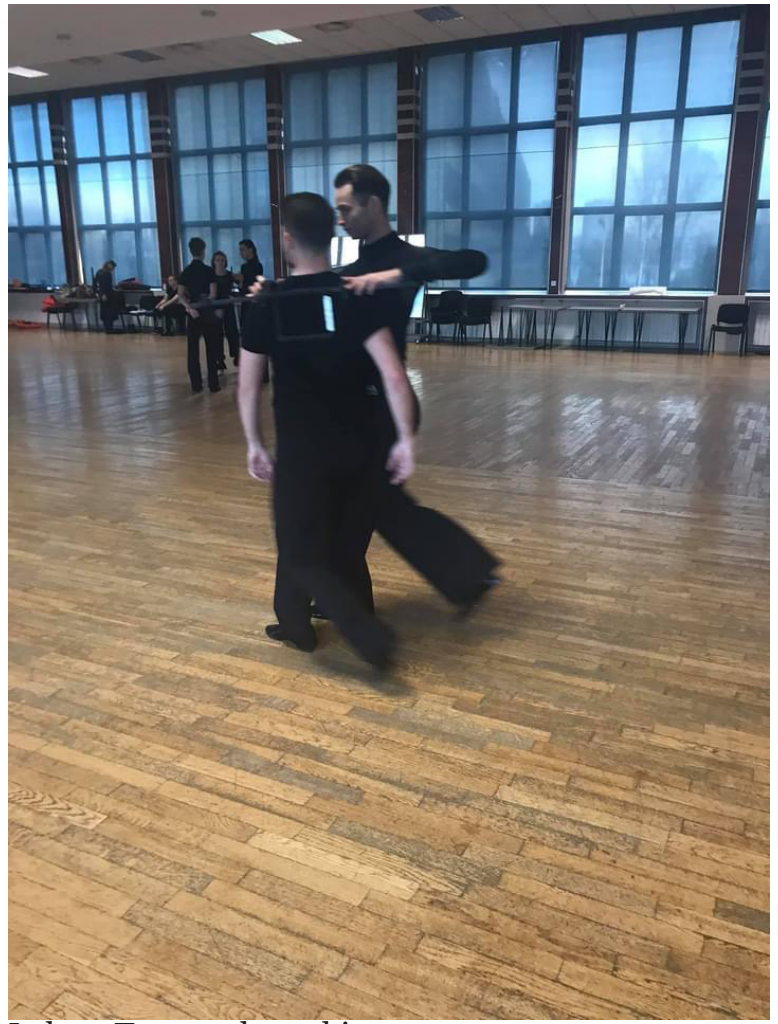




Diana Kicia with Aleksandra Tomczak Quaity Camp April 2021 Warsaw



Diana Kicia with Greg Smith dance teacher and judge



Lukasz Tomaczak teaching

The interview with Philip Raabe a Swedish Elite Dancer from Gothenburg living in Oslo, Representing Swedish National Team in Ten Dances in World Dance Sport Federation. The youngest participant of “Skal vi Danse” –Shell we dance program in Norway.

When and where did you start your dance journey and what dance means for you?

I started my dance career after I watched Let's Dance I was then 5 years old. I had an accident when I was younger and I was sitting in the wheelchair for a month. During that time, I was watching a Let's dance program and started to feel the rhythm and dance with the wheelchair. After that, I asked my mom if I should start dancing she said of course but we need to start step by step so I will get wheeler. So I started my dance career in Gothenburg and it just grew.

I wanted to build this up and moved to Norway at the age of sixteen and started there on a higher level. It was difficult in the beginning, I even was talking to my picture by the dinner when I came back from school when I was living alone in Oslo and my parents have been working in Sweden. I needed to learn Norwegian fast to adapt and it got easier at school, I got new friends also. Dancing for me is everything. When I start to dance everything in me feels free, I feel the rhythm, music and what comes out is of course expression of myself.

The dance takes a big space in my heart and it will always be in my heart.

Do you see any difference in dancing in Norway or Sweden? Do you observe similar politics in dance sport?

Both countries are almost similar, it is harder competition in Norway I think, and the politic is everywhere. It doesn't matter if you dance well. For me in Norway is a little bit better because we have better communication between other countries. We help each other with trainers we talk to each other. In Sweden it is limited we hold it just in Sweden, so it would be nice to see have more help from other teachers to become better dancers, more extended trainers, more camps.

You are half Hungarian half Swedish do you identify some signs in your character about that?

Yes, and No, from my father Peter who is Hungarian I got a social side, the mind to care about People, and from my mother Carin who is Swedish I am not giving up, I am training and working harder. So from my father is more about communication with other people

and from my mother more about dancing.

Who is your biggest support in development within a dance career?

My parents, thanks to them and my trainers I could develop. You need a good team and parents who support you, it is very important.

What are your biggest achievements within dance sport?

I have been dancing everywhere in Europe and out of Europe. I attended seven dance World championships and two European championships. This was my goal since I was a child.

When I joined my first World Championships I started to think about what should I do next. So I started to push more and I ended up with nine total championships in the World.

And your best result in the World is?

If I remember well, 35.

In 2020 you performed in Let's Dance Norway with Paralympians Birgit Skarstein, how did you feel about it, we heard that you both trained a lot double passes a day?

It is the first time for me to train a person in a wheelchair and community to show People that everyone can dance. There were a lot of discussions about dance in this way. I read a lot of unnecessary comments in newspapers. No one said that dance needs to be done on legs, dance is about the expression of your whole body to the music. I believe that everyone can dance. It is hard to watch that People do not care about others who want to try something new and when they work hard and they already get hate about it. So it was sometimes a disrespectful approach. We have shown everybody that everyone can dance. This is also a reason why we with Birgit trained so much because we wanted to prove that. She has controlled the movements around the wheelchair and technique about it and that's what people didn't understand. For me, the golden rule about dancing should be that everyone can dance not only within competition but also to express themselves.

Philip Raabe and Birgit Skarstein in Skal vi Danse



What are your other talents except for an unbelievable performer which we could enjoy also at dance competitions in Sweden and internationally, do you teach dance?

One of my best talents is that I do not want to give up. If I set a goal I do it for 100%, just do it. So if I get some advice from my trainer to change something there is no discussion about it I just do it. If someone tells me to run, I do not do it for fun I run for 100%. I am also good at ice skating. I teach dance generally but not now during Covid 19.

How do you find your spirit in dance competition challenge to share your emotions?

When the music is starting to play there is something in my body that follows, the motion comes out, because you are in it, you can easily see if someone is in the music or out of the music. You can observe the movement and what happens in the mind. When I watch my videos afterward I just devote myself to the music during competitions.

How do you mentally manage hard training and intensive competition period, is there anyone who provide motivation training for you?

I am fully focused on the competition, consider what to do and what do not to do. A few days before I am more concentrated on performing, musicality not so much on technique. As you know I have a very good relation with my family who are the biggest motivation for me because they were also top ice-skating performers. So I want to push myself to be as good as them. So from my perspective 100% or nothing, that should be a goal about dancing in case one wants to compete.

Who were and are your biggest icons within dance and why?

The biggest icon for me is the current World Champion in Latin Armen Tsaturyan from Russia. I always liked him even before he proved his level and he is very good at the technique, musicality and funny to watch. From ballroom Evaldas Sodeika from Lithuania. Privately for sure, my family are my icons.

What drives you? You had many challenges, a few dance partners to whom you have been traveling. For the first is fun to dance, I like to give my soul and passion I have since I was little. I was traveling since I was fifteen years old. First I traveled from Gothenburg to Oslo, then after one year I moved to Oslo to dance partner Celine Cleve for 1,5 years, after the change of dance partner Marthea Oen I traveled to

Bergen, then it stopped suddenly. So then I traveled in 1,5 years to a new partner Christine Brammer to Copenhagen. So I traveled a lot and I did this because of my passion to dance and I like to show people that it doesn't matter if you live close or far away everything is possible if you want something very much. You just need to have the right mindset. You have to sacrifice. I have been sacrificing in maybe 3-4 years when all my friends were going to party I couldn't because I was training. When they had fun I had fun in another way.

As an experienced dancer, what would you tell to younger dancers who lose their motivation?

First of all, just keep going, follow your heart and mind. If you work hard and keep going you will achieve your goals for sure. It is all about your mindset. If you will have a positive mindset then it will be easier to train harder, to eat well, and your motivation will go up. The first thing is your team you have around you, it will be your parents, your trainers, your physiologist. If you stack in the level and you cannot develop more you can try something similar, some dance style or sports discipline to train and find new muscles and motoric in your body to improve. Or if this does not help change a sport discipline, go to the gym. I tried Zumba to get another rhythm in my body to get a better effect in my dancing.

What are your 3 biggest dreams, will you come back on the dance competition floor?

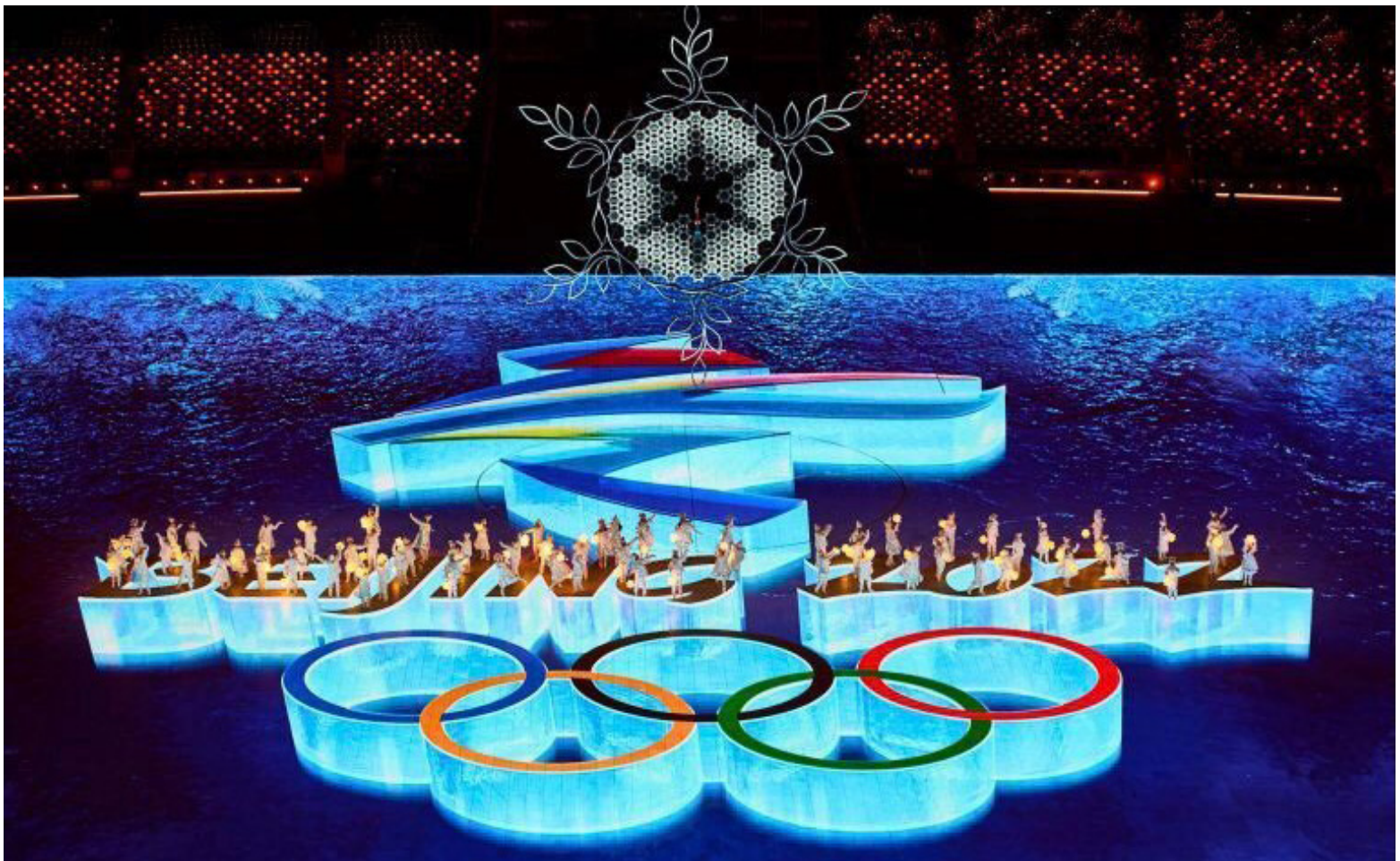
My biggest dream is to dance as I do right now. I belong to the team Shell we dance. I cannot tell you if I will come back to the competition floor. It is all about traveling in many years which I experience and I was flying every week and I was exhausted from that and I needed a break from traveling but I am still dancing and training as I did before so I can come back to the competition floor whenever I want.

Do you plan to open your dance school in the future? We are starting to build up to something new in Norway about professionals with Shell we dance because we believe that People should dance more. Not because to compete but to try it to understand and feel what we are talking about to express ourselves. When I am dancing I am switching off everything around me. I do not know if someone is watching me I am just feeling the music. I am floating with the music which is a very nice feeling. I think this is important for people to dance.



Philip Raabe with Christine Brammer

Winter Olympic Games 2022 in Beijing China which took place on 4-20 of February at the National Stadion



Olympoc Games 2022 Beijing, China

It was a well-organized sport event with control regarding Covid-19 restrictions, amazing atmosphere and high quality of technical support. Number of competitions 109 in fifteen disciplines: Alpine Skiing, Biathlon, Bobsleigh, Cross Country Skiing, Curling, Figure Skating, Freestyle Skiing, Ice Hockey, Luge, Nordic Combined, Short Track Speed Skating, Skeleton, Ski jumping, Snowboard, Speed Skating.

The circumstances around her trainer's behaviour upset the whole world. On first place placed Anna Shcherbakova and second was Alexandra Trusova. The whole Russian figure skating female team seemed to be confused and unhappy despite good results. A lot of hard work and emotions presented there shocked the world. World record in figure skating couples won Papadakis and Cizeron representing France.

From Swedish representation gold medallists in Beijing became below athletes. Nils van der Poel broke his record recently announced that he finished his career, in a beautiful style.

We congratulate all medallists' success and good luck to other athletes who dream to achieve their Olympic goals.

Golden modals for Sweden:

Sandra Näslund-Freestyle skiing
Walter Wallberg -Freestyle skiing
Nils van der Poel-Speed skating
Sara Hector-Alpine skiing
Jonna SundlingCross-country skiing
Linn Persson, Mona Brorsson, Hanna Öberg och Elvira Öberg Biathlon
Niklas Edin.Oskar Eriksson. Rasmus Wranå, Christoffer Sundgren och Daniel Magnusson -Curling



Kamila Valieva, Russia



Nils Van Der Poel, Sweden



Papadakis and Cizeron, France

Arroyo Ceballos,

“The Union between Art and Sport”

The outstanding Spanish international artist is a clear reference of the importance of sport for the complete development of the person, and in this particular case, for the correct future of his multidisciplinary creative process.



From a very young age, Francisco Arroyo Ceballos was closely linked to sports, practicing many of them and even being federated and competing in basketball for a few years.

The multidisciplinary nature of his work as an artist (painting, sculpture, music, literature, international art critic...), with around one hundred and sixty exhibitions to his credit, work in more than thirty museums and institutions in twelve countries and about thirty-four art and poetry books published to date as author or co-author are a substantial indication of his professional development.

We started this interview by asking,

Why sport and when did you start practicing it?

My beginnings in sport are as a child with my brothers and at school. I remember that due to my hyperactive nature I spent the day running and playing. I competed with my brothers in everything we could think of to see who was better. I have to admit that I have always been very competitive.

At school I had the opportunity to discover the world

of basketball as well as other sports, and for a few years I was federated competing in various teams always within that school environment.

I think that sport has always been a necessary tool in my life, something necessary to escape and relax, even in a certain way a source of inspiration.

What other sports have you practiced?

Almost anyone which came to me.

Of 800 and 3,000 meters races. Later, and always at the same time as basketball, archery and swimming among others.

When I was older, I became interested of paddle tennis, closely linked to the practice of Pilates and gym sessions.

Can you tell us about the importance of sport for you, in your daily life?

As I have already indicated, for me it is a source of escape and relaxation, it is of fundamental importance because it helps me feel good, to assume the rest of



Francisco with his art



Francisco with his art

of my daily tasks with greater impetus and motivation. The “culture of sport” has always helped me and I consider it a fundamental pillar.

As a curiosity I´d like to comment on a mania that I have the habit of doing 20 or 30 minutes of exercise just before going to sleep, whatever time it is and wherever I am.

Many times I have been asked if this does not make me active or I cannot sleep but, contrary to what it might seem, it helps me to rest better.

I think that each age has or leads us to the practice of a certain sport/s. I also really like to walk fast. Without a doubt, along with swimming, it is one of the things that feels better.

Finally, any advice regarding this topic of exercise and sport?

The best advice that comes to mind is to indicate that each age has a specific sport, a form of exercise that suits you. Sometimes I see elderly people who force their bodies a lot and that is not good. You have to self-learn and make sure of what each body needs, since each person is different. I want to verify the necessary thing of the same one and to have constancy in its practice.

WOMAN IN WATER AND SANITATION NETWORK

The interview by Diana Kicia with Ulrike Kelm, Chair of Woman in Water & Sanitation Network (WWSN). Former Communication Manager from International Water Association and Communication and Media Expert from United Nations UN-Water.

Could you please tell us more about yourself?

I have been working for the international water sector for quite a while, starting in the German Development Cooperation sector and then covered a broad range of topics, mainly working in the field of communication so I say that I work in a met sphere in a water sector. I am not an engineer working on the ground, I am not a person doing a political decision I am just in between these two spheres, the practitioners, the theory, and the decision-makers. So this is what I have been working with for the past two decades already.

As you have been working earlier for global organizations within the water sector what roles of women do you observe around the world?

In general, you find women everywhere but the more on the top you get the more male representation is there, all you can pick up some outstanding women. There are spheres where you see more women working than man other spheres you can see more men working than women. So in the water sector is very broad, we have a technical engineering sector but also soft skills like for example client service for water operator. They are different areas for men and women. I had one director who comments “You know one needs to do boring jobs” and he referred to a whole department where the young women were working there was no a single male even an intern. I might say when it comes to low pay jobs in offices it is completely the women’s area, when it comes to better-paid jobs or in key positions it’s more likely to meet a man. When you come to the meeting where you have sales from the big companies, tech companies, water operators, decision-makers from private, public sector, or even NGOs suddenly you are surrounded by suit and ties, and you see very few women. I think that’s very significant for the sector.

What kind of challenges did you have as a communication and media manager within these organizations?

You are always in between different topics related to the mission of the company or the organization, so

you are moving around the spheres. That is a very typical position for a communicator. You have access to everybody, because you do top-down, down top communication, you do internal and external communication. Being a communicator is a very female job as observed in all communication departments of organizations. For communication roles applications more women are applying but if there is a director role suddenly more men apply so it is a funny thing to observe.

Do you observe that women do not dare to apply to director positions are they somehow limited?

I would not say that I apply to these kinds of positions based on my expertise, this is my personal experience. So I just cannot see why they cannot do it.

Woman’s role in Water uses to be the last subject under many conferences do you know why?

I think if look around the gender aspect, there are two channels, one is employees working for the water sector for paid jobs for the professional career and then there is another part looking for their household and their private life. So while in business life you tend to look more into male paid jobs than in the private life the water sector is completely dominated by women because they care for the households you see it in a different culture around the World. Women and girls are also responsible for food and family health.

Collecting water in many countries is a women’s main responsibility, what is your opinion about that, what “She empowers” means for you?

She empowers is a slogan of my organization a Woman in Water and Sanitation Network. Here it means the life motive of the organization because we are a network of professional women in the sector and we want to empower women to work, stay in the sector and fulfill their professional dreams of the carrier they aim to have. We are focusing on women working for paid jobs in the sector.

When and how the idea about Woman in Water & Sanitation started?

It started in 2019 with different colleagues from the sector, different conferences, and projects, we worked together internationally, we joined organizations and we found the idea of exchanging, talking together, meeting, giving tips. Usually, when People work in professional life they want advice on how to proceed in the carrier. How to develop or negotiate and it's nice to have similar like-minded capacity People may be facing similar obstacles. We found out that we were all from different continents and countries around the globe and have the same interest. So first it was just a group of peers and then we say let's found the kind of network and make more formal and invite others because we found that there was a high demand mostly of younger generation women to meet and to talk and we made like the opposite of what the men have who have boy's clubs. We are good friends, peers, colleagues and it is very in reaching atmosphere because you learn a lot from others, you get inspirations, you can observe how they handle challenges, what goals others have and you can also see possibilities companies what you can ask for. Sometimes you don't know what you can ask for and this is what the network is for, to empower every single woman that is in our network and to fulfill her dreams professional-wise.

There are many water-related organizations and networks, what is unique about yours, what is the main goal of your WWSN, and how big is your team?

Yes, there are many water organizations, associations, and networks. Some People join many at the same time because they want to find a niche here and a niche there, some work only for scientific purposes, others work with political decision-makers to influence political processes. Our network is for a woman to improve their capacity to overcome the obstacles, to reach out to each other and to build a strong workforce around the globe.

Who is your biggest idol and support in creating this WWSN, who would you wish as stakeholders?

To be honest I do not have a real idol as a person, for me is more as an idea, for someone free to choose the way they want to grow and to now be weak by societal limitations because this is what many women face, real difficulties like for example age discrimination after women taking care of her children and getting older, when she is fifty years old, some organization does not want to hire her. So I wish to have a strong workforce of women who support each other to over

come this kind of challenge which one can meet in all cultures over the globe.

We had an opportunity to join two of your webinars, how often do you plan conferences in WWSN? WWSN is a very young network as mentioned we started in 2019 and we are still in a formalizing process, the pandemic year 2020 canceled all our plans. We needed to reschedule professional, private plans and network activities. So in 2021, we are starting again we have just kicked off working groups that help to fulfill the goals and mission of our network. It is all volunteering work; we have a secretariat who works 100% for the network, we have a group of volunteers who spend their private time working for us, so this is why we need different groups working on different aspects of the network to make it proceed. One of the significant aspects is networking and we have in the pipeline several online meetings because we cannot do physical, to make it possible to meet and share knowledge and another type is to organize inspirational webinars with women who talking their stories about what they do in their professional lives, how this impact on their lives, what obstacles they find, and this is now about one subject of the water, that is about the whole person we look at. That is a very inspirational, amazing network of professional women. We have also in our pipeline mentorship program so this will be a program in cooperation with other organizations within the sector. Our slogan is to network not only within individuals but also other organizations in the sector because we are not competitors. We have in the end the same course to have access to clean water and sanitation for everybody around the world.

Do you think that the younger generation would be able to improve the automated access to clean drinking water in dry areas of Africa?

I am always very positive because I met many amazing high qualified People from Africa working within the sector but Africa is a big continent with so many different countries and cultures, I cannot speak for Africa but I know our members who have in WWSN, they work hard, they see the opportunities of what to do there but it is still a lot to do, the typical water sector problem too much, too little or too polluted. There is a big challenge of sanitation, managing sanitation, having safely manage safe water from households, from industry, or agriculture. This is basic and it's repeating itself all over the World in Asia, Africa, the Americas, and also even in Europe. All think that Europe has old water challenges solved but we have

still areas with difficult sanitation situations or even difficult safe water. 1,3 People around the globe does not have access to safe water it is quite many. 2 of 5 People do not have a basic handwashing facility and we have to face a pandemic year with one of the main responsibility of handwashing tools. So it is a lot to do. People study a lot, we have the internet, there is a capability to easier develop, connect and find solutions.

Is there anything you would like to add?

I am always extremely impressed when I see people working in the sector, they all work for the goal. I met one older colleague who was closed to retirement he told me that he never experienced a midlife crisis because he always founds fulfillment in working hard while doing this job and you can observe it in everybody working for the water and sanitation sector no matter what role is that in the laboratory doing microbiological research on wastewater or selling water to People or if they negotiate with governments toilets and public building I think everybody knows what they do, why they do it, and working for the goals is extremely fulfilling, they love to have meaning while they do something when they work and I see it reflected in a water sector. I am always amazed by these people because they do it with passion.

Here you can read more about WWSN <http://wwsn.org/>

ARTISTIC BALLROOM EUROPEAN CHAMPIONSHIP WARSAW, POLAND 2021

The European Championship took place on the 9-10th of October in Sange Hotel organized by Agata Koziół from Paso Dance Academy. Designer Magazine had the opportunity to join this event and participant. We had dancers in different disciplines like Caribbean, Latin, Standard, Artistic ballroom from the whole Europe and judges from Czech Republic, Poland, France, Greece, Slovakia, and Sweden.



Fotoska, Formations



Fotoska, Artistic Ballroom Standard Solo,

This championship was under the World Artistic Ballroom Federation which exists since 2013 and is led by president Nils-Håkan Caltzon from Sweden. Nils created his first dance school Nerikes in 1963 and has been also President of the International Dance Organization for 9 years and a Vice President in the World Dance Council for 14 years.

Paso Academy put enormous effort to organize this competition, everything was well prepared. We have seen them working at night to get into the schedule to start on time, however, sometimes our dancer's discipline might be a little bit late on the floor which in the end can delay competition.

We could watch strong tournaments in different styles. The Artistic ballroom is similar to Standard and Latin dancing with the difference of using more upper body and more focus on performance than traditional strict technique focused ballroom dancing. In both one can develop parallel different skills as it happens that some technique-focused dancers don't dare to show up their authenticity in performance while participating in traditional competition. So both styles are an advantage to develop unique skills and share charisma.

Another very exciting part was also shows conducted by different age groups, couples, solos. The variety of possibility to attend in different age and disciplines categories makes this competition flourish.

On top of all disciplines, we were mostly impressed by formations synchronized beautifully choreographed sessions like Paso Academy or Costa Latina and clubs from Russia.

We could also watch dancers from a new AirDance Academy Warsaw and Tyresö Dance club from Stockholm. It was fascinating to see all united.

The music and atmosphere were amazing and the audience did the most effort. It was such a pleasure to watch this positive and reciprocated connection when the dancer/artist can catch the audience's full attention and support. This creates special energy and an unforgettable experience. When one leaves this kind of competition realizes how much important are the moments we create in life.

When you dance "Dance your heart out" –Kristina Moshenskaya-World Champion Latin 2021

“DANCE YOUR
HEART OUT”,

KRISTINA MOSHENSKAYA
WORLD CHAMPION LATIN 2021



Diana Kicia with Niels-Håkan Carlzon, the President of World Artistic Dance Federation



Diana Kicia with Agata Koziol the owner of Paso Dance Academy and competition organizer



Fotoska, Latin Couples.

“ENRICH WOMEN’S LIFE”

MARY KAY

Eva Lena Gullberg, Independent Consultant for Mary Kay, "It's up to you"

Jag heter Eva-Lena Gullberg, 57 år. Min familj består av min man Mikael, och barnen Mikaela 25 och Max 21 år. Vi bor i en villa strax utanför Stockholm.

Att bli framröstad av sina Mary Kay kollegor till Miss Go Giwe är den mest ärofyllda titeln som man kan få inom Mary Kay. Året var 2019.

Innan du började arbeta med Mary Kay, vad arbetade du med då?

Jag arbetar idag deltid med min Mary Kay business, och heltid som Golvkonsult mot föreskrivande led dvs Arkitekter och beställare.

I grunden har jag en undersköterskeutbildning och har också arbetat som det. Ett arbete som innebär omvårdnad omhändertagande och personlig kontakt. Den biten saknar jag enormt, men i mitt arbete med Mary Kay så möter jag många människor, framförallt kvinnor som jag kan hjälpa att hitta rätt hudvård och det ger mig den bit jag saknar. I mitt Mary Kay kan jag även dela med mig av möjligheten till andra att göra det jag gör.

Berätta vad är Mary Kay, företaget och vilka produkter arbetar ni med.

Mary Kay grundades av en kvinna 1963 som heter Mary Kay Ash.

Hon var en framgångsrik försäljare och lärde upp många manliga kollegor till duktiga säljare.

Mary Kay Ash blev aldrig befördrad p.g.a att hon var kvinna och ensamstående med 3 små barn. När en av hennes adepter ännu en gång blev befördrad och denna gång skulle bli hennes chef fick hon nog och sa upp sig.

Hon började då skriva på en bok, och den handlade om hur hon ville att ett företag skulle drivas. Den boken är grunden till marknadsplanen som gäller än idag, 57 år senare.

Mary Kay är ett av världens största Direktförsäljande företag inom hudvård och makeup.

Mary Kay Ash ville att alla kvinnor skulle få möjligheten att arbeta, utvecklas och bygga sin egen business för att försörja sig och stå på egna ben.

Produktsortimentet består av mer än 300 produkter inom hudvård, såväl för kvinnor som män och make-up.

Produkterna är dermatologiskt och kliniskt testade, och utvecklade för att ge goda resultat utan att påverka miljön negativt.

Vad innebär "Berika kvinnors liv"?

Berika kvinnors liv, innebär att vi som konsulter hjälper kvinnor med personligt anpassad hudvård och makeup som ger en känsla välmående, såväl på utsidan som på insidan.

Har du en önska att du vill något mer i livet, kan du även ta det till nästa nivå och bli en av oss i det globala nätverk som Mary Kay idag är med över 3 miljoner konsulter på 35 marknader runt om i världen.

Kvinnor får utbildning inom hudvård, entreprenörskap samt utvecklas inom ledarskap och en personlig utveckling. Bestämna över din egen tid, och om du önskar kan du klättra på karriärstegen där inga vassa armbågar finns utan enbart godhjärtade och hjälpande kollegor. Jag själv har fått en enorm personlig utveckling och kunskaper som jag inte haft utan Mary Kay. Vilket jag är oerhört tacksam för, det hjälper och stärker mig även i andra situationer i livet.

Varje prestation stor eller liten, börjar i ditt sinne "vilka är dina prestationer?"

Mitt mål med min Mary Kay business har ändrats under de 6 år som jag haft Mary Kay som deltidsarbete. Från att få en förändring i min dåvarande situation (2015) till att idag se möjligheten att påverka andra



Eval Lena Winner of Miss Go Giwe 2019



Make up session with a client



Mary Kay Gala

kvinnors liv positivt och att jag i framtiden ska kunna leva det liv jag önskar.

Jag har en tydlig målbild inom mig, vilket jag tycker att alla människor bör ha. Min stora målbild nu är att "Äga mitt liv och min tid".

Att se andra människors utveckling är en fin prestation som jag känner mig delaktig i genom att jag gett dem möjligheten.

Hur ser Mary Kay företaget ut i Norden? Vilka kontor finns?

1992 introducerades Mary Kay i Norden genom Lesley Cosmetics AB, som idag servar konsulter i Sverige, Norge och Finland från sitt huvudkontor i Mölndal strax utanför Göteborg. Där finns bl.a Marknadssupport, produktkunskap och kundtjänst och lager, cirka 50 personer arbetar där. Produkterna tillverkas i egna fabriker i USA. Varje konsult är fristående med eget avtal, och jobbar utifrån riktlinjer från det. I Norden finns cirka 20.000 fristående konsulter.

Mary Kay använder sig av 100% Nöjdhetsgaranti, ni säger att kundsäkerhet är första prioritet, hur fungerar det?

Vi konsulter arbetar utifrån kundens behov, vårt jobb är att ta reda på vilken typ av produkt och rutin kunden önskar. Vi arbetar med huden, som är vårt största organ och som ska skydda de inre organen. Vi är alla olika, och kunden måste få möjlighet att prova produkterna innan hen bestämmer sig för om hen önskar köpa dem. Det är en trygghet för både kunden och mig som konsult.

Vi arbetar efter modellen 2-2-2 vilket betyder att dag 2, kontaktar vi kunden för att lyssna att hon kommit igång med produkterna. 2 veckor efter – följer vi upp och hör så att allt känns bra. 2 månader senare, följer vi upp igen för att säkerställa att 100% nöjdhetsgarantin ska fungera. Har kunden fått önskat och möjligt resultat? Är kunden inte nöjd byter vi till annan produkt eller pengarna tillbaka. Det är en av fördelarna med att ha en personlig hudvårdskonsult.

Ni är också involverad i humanitärt arbete/donationer indirekt genom ditt arbete inom Mary Kay, Mary Kay Foundation som också har en speciell serie av produkter. Berätta mer.

Redan från start 1963 arbetade Mary Kay Ash med donationer till kvinnor och barn som utsatts för våld

i hemmet, detta har företaget fortsatt med ända sedan dess.

Donationer görs även till cancerforskningen för cancersjukdomar som i första hand drabbar kvinnor. Några gånger under året ger Mary Kay ut specialutgåvor av Mary Kay-produkter "Beauty that Counts". För dessa produkter skänker man en summa pengar till cancerforskningen. Detta sker i hela Mary Kay-världen och tillsammans bidrar vi till att hjälpa många av världens kvinnor och barn som är drabbade av cancer. För mig är detta stort, att genom mitt avtal med Mary Kay också bidra till att företaget donerar pengar till dessa godhjärtade ändamål. Under alla år har Mary Kay bidragit med över 730.000 miljoner kronor till cancerforskningen.

Mary Kays globala tillverkningsanläggning i Dallas är ledande inom avfallsminskning. Fyra anläggningar drivs med 100% förnybar energi och företaget har ett omfattande återvinningsprogram. En miljon träd har också planterats runt om i världen som en del av Mary Kays insats för hållbar utveckling.

Under den här Corona pandemin, har du som konsult fått ändrade förhållningsregler. Hur har du lyckats fortsätta med ditt arbete?

När Pandemin slog till i Sverige tror jag att de flesta konsulter för Mary Kay fick lite halvpanik, eftersom vi fram tills då jobbat med fysiska hudvårdsklasser och personliga träffar med kunder. Det infördes hårda restriktioner, att man inte fick träffas som tidigare.

Nu arbetar vi med ett modernt och vaket företag så omställningen till att arbeta digitalt gick snabbt. Lesley Cosmetics AB ändrade samtliga möten till digitala träffar. Stora som små, från 2-3 personer till flera tusen där vi under normalt omständigheter bl.a färgar Scandinavium i Göteborg rosa så har vi i mindre grupper runt om i Norden färgat våra hem och studios i ett rosa skimmer fyllt av kärlek.

Lesley Cosmetics AB har också utbildat oss i digitala färdigheter så istället för att stå still och känna vanmakt har vi ökat vår närvaro och kontakt med kunder under pandemiperioden. Vi kan dessutom träffa kunder som bor längre ifrån oss när vi ses digitalt. Provmaterial skickas med postleverans och därefter träffar vi kunderna online och genomför våra hudvårdsklasser och makeupvisningar.

”I truly believe that
women can do anything
in this world that they
want to do” -MARY
KAY ASH

WHITE EAGLE AMONG VIKINGS

REVIEWS OF THE BOOK, AUTHOR DIANA KICIA

"Behind each person, there is a story to tell,
a lesson to teach and a dream to share".

This is an autobiography about Diana Kicia, a proud and determined woman who was born in north Poland during communism. A child who remembers staying in the lines to buy food on special coupons. A heartbroken little girl who cannot continue her dreams. A student who experienced hunger. A war that impacted her whole family. Wrestling. Pure love between a Catholic and Muslim interrupted by sudden death. Migration and adaptation parallel to different cultures Swedish and Persian in dramatic circumstances breaking quickly language barriers.

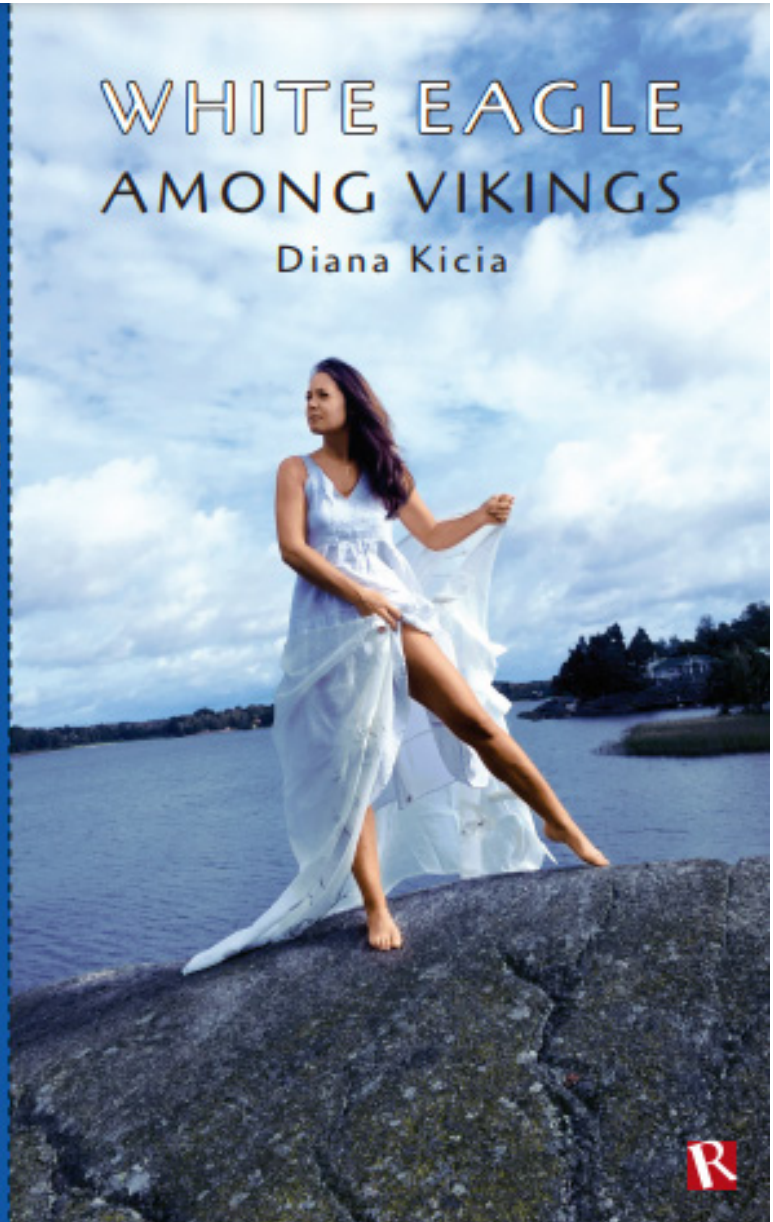
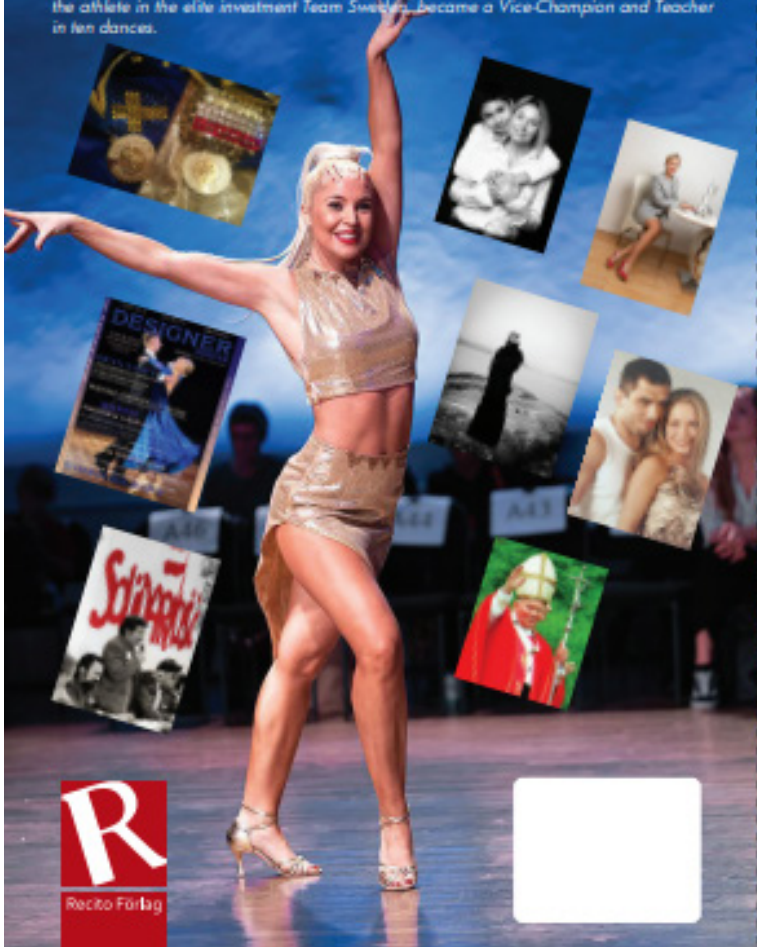
Currently, Diana is a mother and father, graduated from Royal Institute of Technology, Governance lead in a global company, General Director of a sports magazine, and Independent consultant of American skincare products, experienced volunteer. She is the athlete in the elite investment Team Sweden, became a Vice-Champion and Teacher in ten dances.

Diana Kicia

WHITE EAGLE AMONG VIKINGS

WHITE EAGLE AMONG VIKINGS

Diana Kicia



Cover Mats Hjertkvist, Photos: Michael Bingmert and Arash Kicia

“Behind each person, there is a story to tell, a lesson to teach and a dream to share”.

This is a story about a Polish proud woman catholic who was born in north Poland during communism. A child who remembers staying in the lines to buy food on special coupons. A heartbroken little girl who cannot continue her dream to learn dance because of economic reasons. A student who experienced hunger while her father was suffering from cancer and at the same time she has been bullied at school. A crazy teenager playing handball and falling in love with a handsome famous Persian wrestler. A young immigrant who suddenly lost her husband during her pregnancy in the first year of living in Sweden. A human who needed to adapt parallel to different cultures Swedish and Persian in dramatic circumstances breaking quickly language barriers. A mother with two roles at home mother's and father's, who struggles to raise a boy with some support from his uncle.

The story about a strong, ambitious, and determined person who tries to understand the difficulties of other's life, when she has a tuff time on her own to find solutions. A woman who is extremely thankful for supporting her and motivates others to do not give up. She loves people and her work as a volunteer, traveling, and dancing. A regular mortal who makes mistakes just like each of us, full of charisma and life drive. If you look at her today, you would never "guess" what she went through. Often when she meets a new person she does not talk about her life experiences, she lets them get to know her first.

REVIEWS

When I think of Diana, I see an independent, professionally realized, strong woman, a wonderful mother, and a beautiful dancer. A person with a heart of gold who is always available to listen to loved ones and help.

A warrior who is ready to go to the fire behind her friends and who is constantly fighting for a better tomorrow, supporting sustainable development projects and charity campaigns. Diana is a female institution and to be honest, I think that each day of her probably lasts about 48 hours.

I was very happy when Diana announced that she was writing a book about her life. I was so drawn by the book that I read it in one afternoon.

Thanks to the reading, I was able to understand why there is so much humility, cheerfulness, and hope for a better tomorrow in Diana.

Diana is carrying the baggage of many experiences that I had no idea about.

Her gratitude, which she shows at every step to the world and people, was born out of many suffering and hard experiences.

I recommend this book to anyone who would like to find motivation and believe that the unattainable does not exist, and our success depends only on hard work and our positive attitude.

/Karolina Figueiredo

A touching story about human fate, about how different difficult times and limited opportunities would take away from many people their hopes for a better tomorrow ... but not her ... brave heroine, a good, more modestly brave girl who took her life into her own hands after a great tragedy that hit her.

A story about the diversity of cultures and young people who are madly in love with each other, whose relationship has gone a steadfast path to understanding and acceptance.

A story that the power of love can be above everything and everyone. About the power of the bond between mother and son

A story about helping another human being, which sharing gives a person a sense of fulfillment.

A story about the ups and downs that experience us and allow us to be stronger and smarter.

A story of love which, when tragedy bears it, leaves a fruit in the world that becomes its strength

A tale of destiny.... because each of us has her way, each of us forges his fate, nothing will do itself, you have to work hard for your success, for your happiness, for love, for a successful relationship.

A story about a strong need for development and self-improvement, which turns into a passion.

A story about respect for your neighbor.

The heroine gives us an example of how you can live, how to benefit from life how faith, hope, and love can change everything in your life

I highly recommend the story of Diana's fate and dreams.

/Marzena Baranowska



Photo: Mieszko Tyszkiewicz. Book premiere at Ogniwo Polish Association in Stockholm



Book premiere with ProformArt artist association in Stockholm



Paolo Bosco and Joanne Kristy Clifton 2013 WDSF

Paolo Fignemido
PortDance

