

## Henley Second Top-up Talk



Allied Consultants, Malta's representative for Henley Business School, and the Henley Alumni Association Malta Network held the second Henley Top-Up Talks for 2016.

The speakers for this event were John Portelli and Brian Bartolo, both Henley MBA alumni.

The event was open to Henley alumni and current programme members.

John Portelli spoke about the general 'Quality of life' of a busy manager. His talk focused on some unhealthy ways of living and what can be done to improve this situation.

John spoke about living in a reality of being obsessed with work and with improving the social status. Whilst doing this most are missing the wood for the trees to the extent that they are risking reaching pension age and not being able to enjoy life because of health issues. Ways and means of how to improve this situation by eating more consciously were identified. More importantly educating children to also eat well and exercise was a focal point of this speech.

He concluded the talk by stating that in Malta more than 30% of the population are obese and that 80% of cases referred to hospital would be suffering from food related illnesses. John urged the group of executives present to start doing something about their health, and sparked a controversial discussion

about what it means to 'eat well'.



The second presentation was by Brian Bartolo who spoke about the reality that Social Media is definitely not avoidable. During his talk he discussed the fear that social media brings especially to small business owners, with some even believing that if they do not accept social

media activity they are avoiding its possible negativity. Brian also spoke about Branding in the Digital Age and how this is transforming the buying behaviour with empowered customers.

Following the talks, the executives attending the event had the opportunity to network at Malta Business School's premises.

The Henley MBA is the only MBA programme available locally that ranks within the top MBAs in the world and that holds triple accreditation through AMBA, AACSB and EQUIS. For more information about the Henley MBA contact Allied Consultants on 21311326 or [info@henleymalta.com](mailto:info@henleymalta.com) or visit [www.henleymalta.com](http://www.henleymalta.com). Applications are open for the next Henley MBA Intake which will commence in October 2016.