

BREAKFAST AND SKILLS WORKSHOP MEETING REPORT

by Ily Maisanda (Technical Secretary)

The meeting which took place on the 10th August 2019 at Sobus Hub in West London started slightly late due to transport issues with TfL that morning but it was well attended by over 25 members. Generally, very lively in terms of the networking, presentations and discussions arising from the presentations.



1st Speaker: “Personal and professional lessons from a marathon runner” by Titi Windapo

The main emphasis was on staying healthy including eating healthy, maintaining a healthy weight range within your BMI (body mass index), adequate rest, being physically healthy and avoid smoking.

She went further to explain the benefits of exercise for over 40s, which include: lower risk of diseases, improved mental health, memory improvements and increased sexual drive.

The above can be achieved through the following viz-

- set a realistic goal, be action focused, specific, measurable, achievable and timebound
- identify a resource to measure growth such as your phone, APPS, get an exercise partner, identify what your purpose is
- organise yourself and exercise options. Decide, declutter, debug, delegate and design.

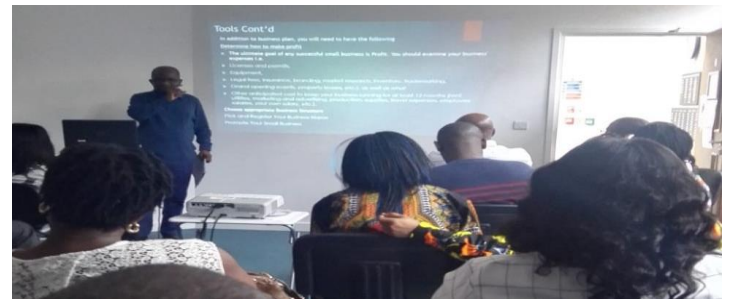


2nd Speaker - “Excel and financial modelling - A mini Taster” by Moranti Falade

She highlighted financial instruments, modelling and use of excel spreadsheets. These were further categorised as follows:

- Using excel functions such as date and time, financials, logical, lookup and reference, maths, statistics, text, engineering, compatibility, cube, web, database.
- Financial modelling - financial representation such as the use of cash flows, income statement and balance sheets.
- Financial Management include the following models: three statement, DCF, merge, IPM, consolidation, leverage buyout LBO, budget, forecasting and option pricing such as derivatives, binomial etc.

The scope of the modelling is so vast that it would require a lot more time and effort from members. It was generally felt and agreed that this should be arranged for the future.



3rd Speaker – “Growing a high-performance SME” by Shola Makinwa

After defining what an SME is and describing what is expected of a High Performing SME, the speaker outlined the key areas to grow and build a high performing SME.

The seven key areas are high level of productivity, customer satisfaction, sales/income, low debtor ratio, high credit ratio, high employee retention and resilient workforce.

He enumerated passion for the business, having a business plan in place to cover profit and loss forecasts, cash flow analysis and break-even strategy, SWOT analysis, effective business culture and great communication skills as tools for high performance.

The attendees were really impressed by the calibre of speakers from within our membership and it was agreed that more should be encouraged to join our database of speakers for our district and beyond.

Because of this it was felt that we should arrange more of such workshops each year rather than the current one a year workshop.

Call for Pre-Independence Day Seminar Articles

THEME: "Pensions | Investments | Wealth Creation: Issues and Implications for National Development"

Please send your articles to the secretariat generalsecretary@ican-uk.org and copy the following:

- Technical Secretary: Ily Maisanda: technicalsecretary@ican-uk.org
- Chair of Technical Committee: technicalcommittee@ican-uk.org
- Editorial Board: Shola Makinwa editorialboard@ican-uk.org

The deadline for submission is Saturday 14th September 2019 (Please, note that we have a strict deadline due to closeness to the event date of 27th September 2019).

Articles should have maximum of 1,500 words and can be in any area i.e. not limited to the theme.

EXCO's Visits to Sponsors and Partners



NHC 6th August



MD GTBANK UK Gbenga Alade & District Chair 12/08



GTBank UK - 12th August 2019



His Excellency Amb. Oguntade & District Chair during courtesy visit 06/08



FBNBank UK District Exco & Some Past Chair during courtesy visit on 29/08



Ag. CEO FBNBank UK Sam Aiyere & District Chair – visit on 29/08

Dates for your diary!

- Annual Accountants' Conference, Abuja: 9th – 13th Sep. 2019
- Pre-Independence Day Seminar: 27th September 2019
- Two Regional Meetings: 19th October 2019 and 18th or 25th January 2020
- Annual Dinner Dance 30th November 2019
- UK International Conference (Zonal Conference): 19th – 22nd March 2020

Happy Birthday to AUGUST Celebrants!

**Adebayo Fagbenro Doyin Adeleye
Kemi Phillips Taiwo Gbadamosi
Olaniyi Bakare**

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