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magazine



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Who's In Who's Out

As usual, ABSOLUT
MAGAZINE attended the
hottest parties and events
on the coast. Where you
there? **104**



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MARBELLA**



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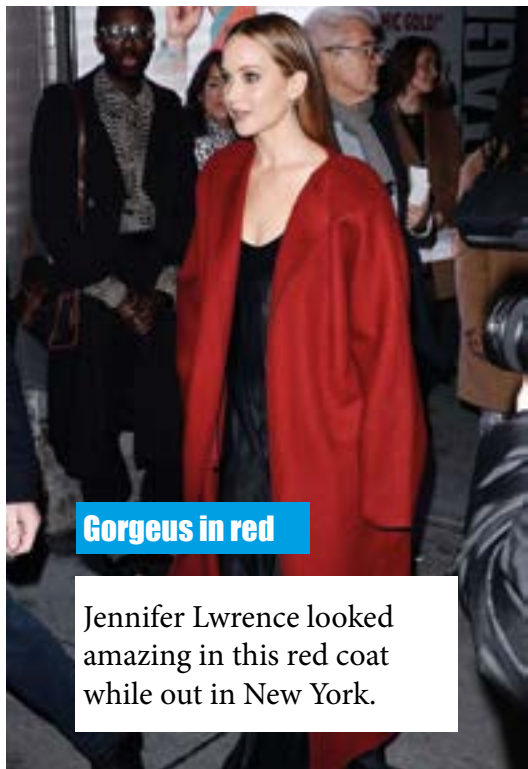
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Gorgeous in red

Jennifer Lawrence looked amazing in this red coat while out in New York.



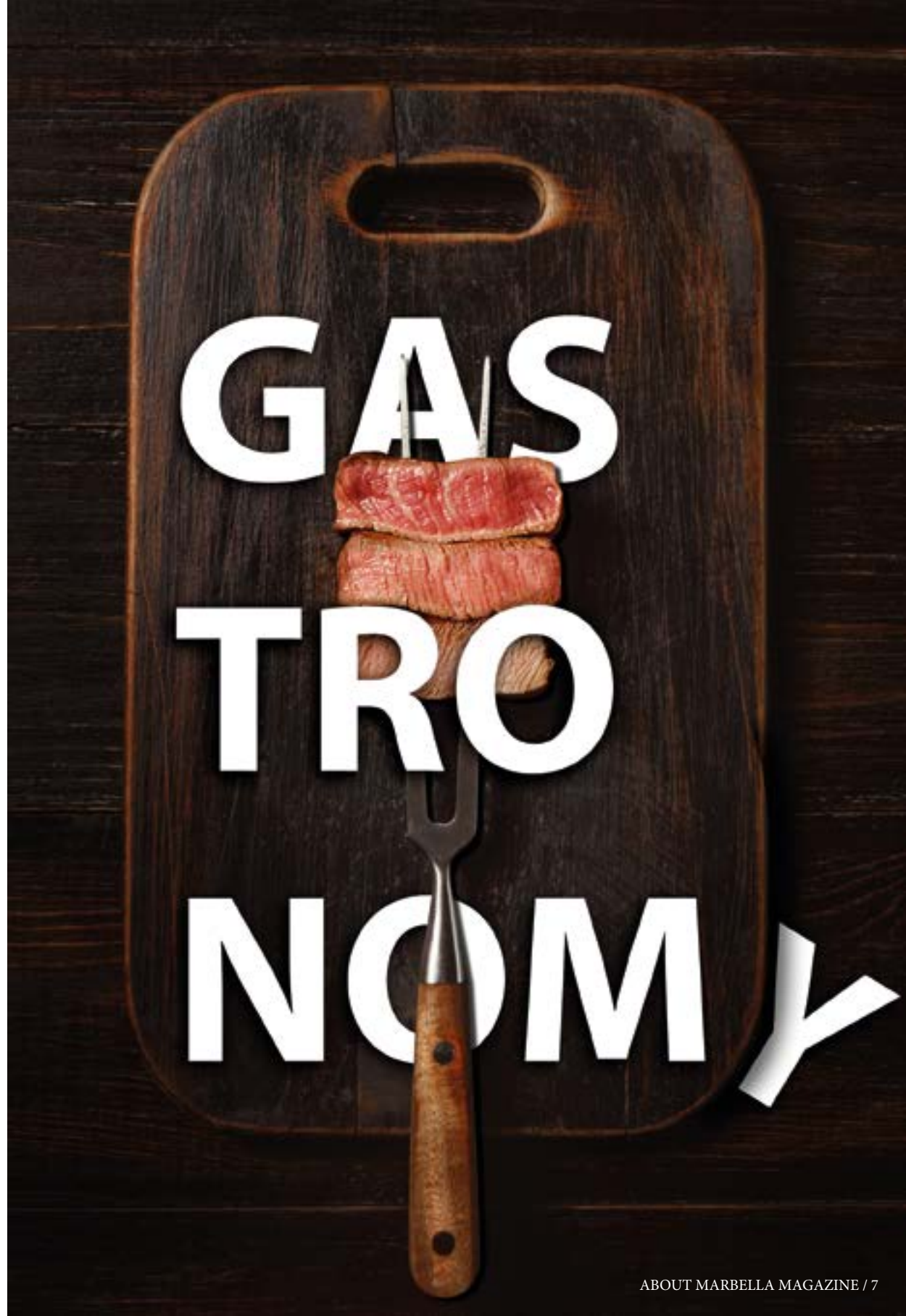
Monochrome

Kate Middleton opted for an all-blue ensemble for her official schedule this week.



Lovey dovey

Selena Gomez announced via social media that she is in a relationship with Benny Blanco, and the couple seem to be quite in love. The two of them can't stop uploading pics together to their instagram accounts and they seem to have spent the holidays together.





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LIVE MUSIC



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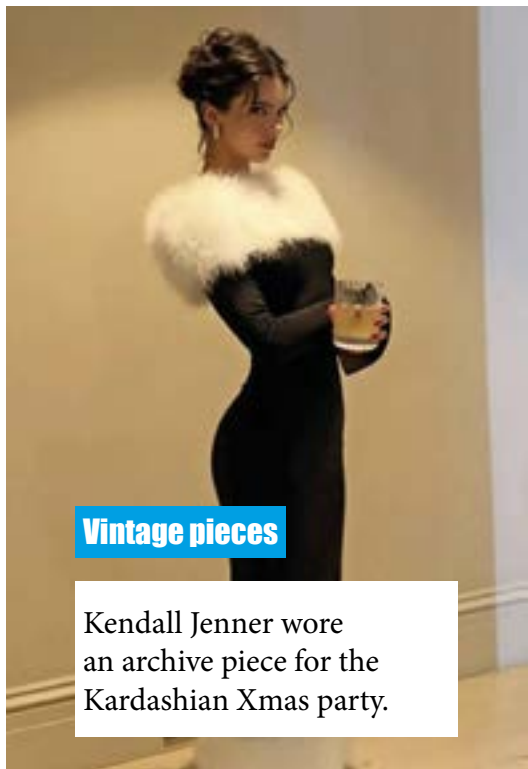


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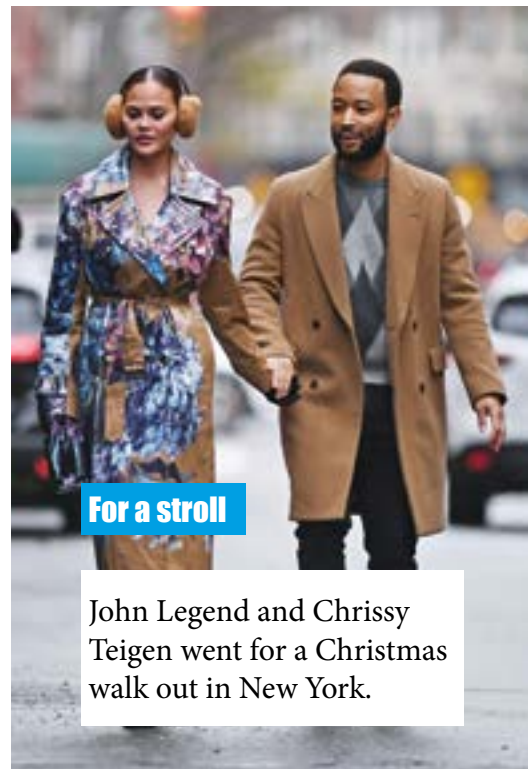
Romantic dinner

Kaia Gerber and Austin Butler enjoyed a romantic dinner in L.A.



Vintage pieces

Kendall Jenner wore an archive piece for the Kardashian Xmas party.



For a stroll

John Legend and Chrissy Teigen went for a Christmas walk out in New York.



Fiery red

Winnie Harlow wore a monochromatic red fit for the latest NBA game.



Parting ways

Mariah Carey has broken up with her boyfriend Bryan Tanaka after seven years of a relationship. The split, according to them, was mutual and it was due to conflicting schedules and life paths that both of them would follow separately.



It's coming soon

The Joker's director Todd Phillips released two new images from his upcoming sequel over the Christmas weekend, including a glimpse of Lady Gaga as Harley Quinn and Joaquin Phoenix reprising his role as the Joker. The movie is set to be released on October.

El Gaucho de Banús

Argentinian Grill

Argentinian Grill

El Gaucho de Banús es un prestigioso Restaurante Argentino situado en Primera línea de Puerto Banús... Nuestro Restaurante, presenta una cocina tradicional argentina pero con tintes internacionales y de seafood. Aunque su fuerte es la carne, El

Gaucho se especializa en comida étnica criolla argentina, con platos como sus empanadas al estilo norteco, o la manera tradicional de asar la carne por nuestros expertos parrilleros, ya se sabe no hay mejor asador que un gaucho argentino...



MENÚ PARA GRUPOS

GROUP MENUS 2024

Reserve your event in the best grill in Marbella



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Puerto Banús

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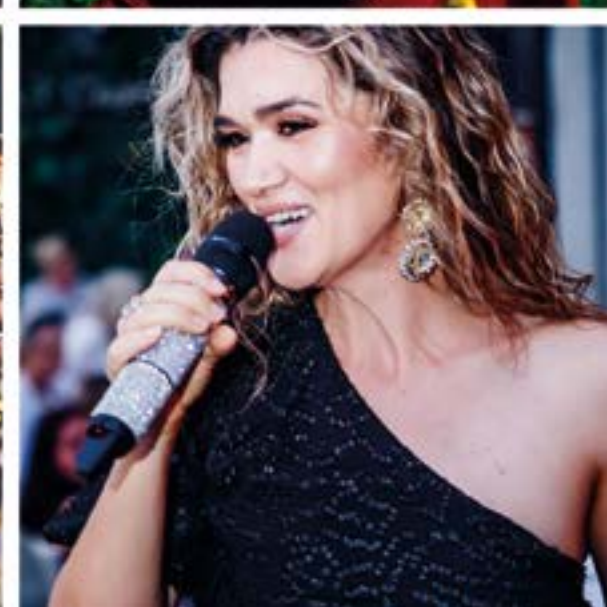


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MENÚ 1

PRIMEROS

(A compartir cada 4 personas)

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DE SANLUCAR

SURTIDO DE EMPANADILLAS COPETÍN

ATÚN - CARNE MIXTA - VERDURAS
(3 POR PERSONA)

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VINO ROSADO D.O NAVARRA

CAFÉ.

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MENÚ 2

PRIMEROS

(A compartir cada 4 personas)

ENSALADA QUESO DE CABRA
CON MIEL DE CAÑA

CROQUETAS REPIQUE

LANGOSTINOS AL PIL-PIL

SEGUNDOS

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ACOMPAÑADO DE PATATAS PANADERAS
O

LUBINA AL HORNO ACOMPAÑADA
DE VERDURAS

Y PATATAS COCIDAS.

BEBIDAS

AGUA

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VINO BLANCO D.O ALBARIÑO

VINO ROSADO D.O NAVARRA

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CON SALMÓN AHUMADO

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CROQUETAS

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CON SALSAS ANDALUZA

EMPANADILLAS COPETÍN DE CARNE

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Family Xmas

Emma Roberts was Christmas shopping in L.A. for her three-year-old son.



Celebrating her

Billie Lourd remembered her late mom Carrie Fisher in the anniversary of her passing.



Alternative fashion

Rosalia wore this horned hoodie while in New York this past week.



Chill day

Kristen Stewart and her partner caught the sunny days of L.A. this past week.



The cast is back

Although coming on May of this year, fans of the 'Bridgerton' phenomenon are quite happy to see some sneak peeks via new footage and images released by Netflix. This also announces the continuity of the cast and some mystery addition yet to be revealed.



Legal problems?

Cardi B and Offset have been sued by the owner of the home they rented out in Los Angeles, which they vacated back in October "without notice". Apparently, the couple of artists are being sued for breach of contract and negligence.



Shakers

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Hot pink

Lizzo wore all pink for an evening out in L.A. this past week.



Holiday spirit

Shawn Mendez was seen doing late Christmas shopping in L.A.

Family celebration

Ariana Grande and boyfriend Ethan Slater spent some time together and with her relatives in NYC going for a family dinner in their favorite Italian restaurant of the city. The couple seem to confirm their status this way, even though the beginning of their relationship was full of controversy and confusing headlines earlier this year.

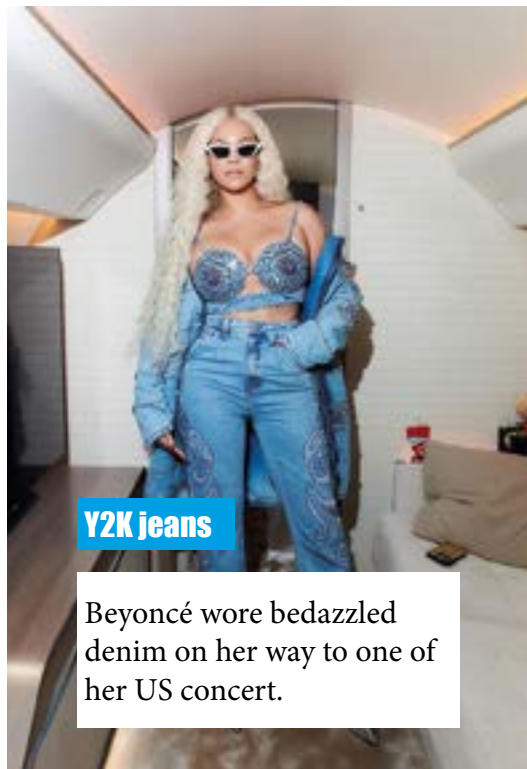


A large advertisement for UPPERCUTS BARBERSHOP. The background is a dark, textured wall with a large logo that reads "UPPERCUTS BARBERSHOP PUERTO BANUS". Several framed photos show barbers working on clients. In the foreground, a group of seven men are posing in front of the shop. Two logos for "UPPERCUTS BARBERSHOP" are overlaid on the bottom, one for "PUERTO BANUS" and one for "UNIT 41". A QR code is on the right, and an Instagram handle "@uppercutsbarbersmarbella" is at the bottom. The address "Puerto Banus: Calle Jesus Puente, 19-2, Marbella, Andalucia" and "Unit 41: Poligono Industrial Nueva Campana, Unit 41, Malaga, Andalucia" is printed at the very bottom.



Family duties

Jennifer Lopez was joined by her mom for some holiday shopping.



Y2K jeans

Beyoncé wore bedazzled denim on her way to one of her US concert.



A great team

Music producer Jack Antonoff revealed how much he loves working with Taylor Swift and Lana del Rey during a recent interview. He went on by saying that with these artists a very creative ambiance is created in the studio and that he enjoys how true to themselves these singers are.

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MARBELLA - PUERTO BANUS - SAN PEDRO

MG CYBERSTER

MAJOR EUROPEAN DEBUT CONFIRMED



- **MG Cyberster to make its official European debut**
- **High-performance MG4 Electric XPOWER confirmed**
- **Marvel R Electric Performance SUV completes the sporting line-up as the company begins to celebrate 100 years of MG**

company begins to celebrate 100 years of MG
MG and its exciting two-seat EV roadster, the Cyberster, made its official European debut at IAA Mobility 2023, Munich Exhibition Centre (5-10 September 2023).

The striking Cyberster will headline MG's strong presence in Munich and be joined by the new MG4 Electric XPOWER, the latest addition to the multi-award-winning MG4 Electric range, the most powerful MG production car ever. Completing an impressive MG line-up is the MG Marvel R Electric performance SUV.

All three MG models – taking centre stage on the MG stand in Hall B2 – firmly underline MG's desire to design and engineer exciting performance EVs with bold styling, leading-edge driver, and infotainment technology.

Jan Oehmicke, Vice President DACH of MG Motor Europe, comments:
"We look forward to welcoming everyone to the MG stand, where they'll be able to preview three of our most performance-focussed and exhilarating all-electric vehicles. IAA Mobility 2023 is an ideal platform to connect with motorists and offer a glimpse into MG's exciting future, which features cars like the Cyberster, which will be with us next year."

By: Guillermo Fernández de Ateca Barber.



EU debut for the MG Cyberster

The key highlight from MG at one of the world's most prestigious mobility events is the Cyberster. The new roadster marks MG's much-anticipated return to sports car production as it begins to celebrate its centenary. The Cyberster combines the brand's evocative heritage with striking, contemporary design language and a sophisticated EV powertrain.

Another headliner from MG is the MG4 Electric XPOWER. Only recently launched, XPOWER is the range-topping, pure-performance model in the highly successful MG4 Electric range, which generates 320 kW (435PS) and impresses with a dual motor powertrain and all-wheel drive.

About MG Motor Europe

Established in 1924, MG Motor Europe boasts a storied legacy that spans almost a century. Their roots are deeply anchored in their maiden venture, the MG 14/28 Super Sports car, a masterpiece crafted by the iconic Cecil Kimber. Steeped in innovation and fuelled by a commitment to the future, their focus has shifted electrifyingly towards envisioning sustainable and accessible mobility for all.

Today, their values are reflected in the MG4 EV, an award-winning hatchback which underlines their commitment to delivering forward-thinking, technologically advanced and exhilarating electric vehicles.



The lifestyle SUV, the MG Marvel R Electric, is similarly sporty. With three motors and all-wheel drive, it also demonstrates the dynamic side of electromobility.

MG Motor appears at IAA Mobility 2023 in Munich as one of the fastest-growing automobile brands in Europe, achieving over 100,000 sales between January and June 2023.

MG Motor's dedication is simple yet profound: democratising mobility. Their diverse lineup, featuring petrol, electric, and hybrid vehicles, encompasses versatile hatchbacks, functional station wagons, and spacious SUVs, all brimming with cutting-edge technology.

Every MG vehicle is a testament to world-class design and is reinforced by their generous 7-year/150,000 KM manufacturer's warranty.

Discover more about MG Motor Europe, their range, and their expansive sales network by visiting their website at www.mgmotor.eu

By: Guillermo Fernández de Ateca Barber.
ABOUT MARBELLA MAGAZINE / 43

AUDI SQ8 E-TRON



The new Audi Q8 e-tron carries the success story of the pioneer Audi e-tron forward under a new name. With ample luxury class comfort, an optimized drive concept, improved aerodynamics as well as better charging performance and battery capacity, the Audi Q8 e-tron is the top-of-the-line model in Audi's electric SUV portfolio. A new design for the distinctive front bumper lends a fresh appearance to the Q8 e-tron.

The Audi e-tron has been setting standards in the electric SUV luxury class category since 2018; its sales successes have made the e-tron brand famous the world over. In the spring of 2023, the new Audi Q8 e-tron will continue the success story of the electric pioneer under a new name – as the top model of Audi's electric SUVs and crossover models. Highlights include: optimized drive concept, improved aerodynamics, and higher charging performance and battery capacity, which increase the range to up to 600 kilometers (according to the WLTP).

Audi offers the new Q8 e-tron in two body variants: as a classic SUV and as a Sportback that combines the spaciousness of an SUV with the elegant lines of a large coupé. Standing 4,915 mm in length, 1,935 mm wide, and 1,633 mm (SUV) or 1,619 mm (Sportback high), the Q8 e-tron offers maximum space and comfort. The SQ8 e-tron5 and SQ8 Sportback e-tron6 models are both two millimeters flatter and 39 mm wider. The 2,928 mm wheelbase means that even rear seat occupants have plenty of legroom. The total luggage compartment volume is also generous, with around 630 liters (including frunk) in the SUV and around 590 liters in the Sportback.

Three drive variants are available for each of the two body styles – all with electric all-wheel drive. The output range extends from 250 kW in the Q8 50 e-tron7 and 300 kW in the Q8 55 e-tron2 to 370 kW in the SQ8 e-tron5, which is powered by three electric motors. The models' ranges lie between 491 and 600 km.



By: Guillermo Fernández de Ateca Barber.

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Disc herniation's explained in Layman's terms

A lower back disc herniation occurs when the cushion-like discs between the vertebrae in your spine rupture or bulge, causing pain and discomfort. Imagine these discs as jelly-filled doughnuts that act as shock absorbers for your spine. When the jelly-like substance inside leaks out due to injury or wear and tear, it puts pressure on nearby nerves, resulting in pain.

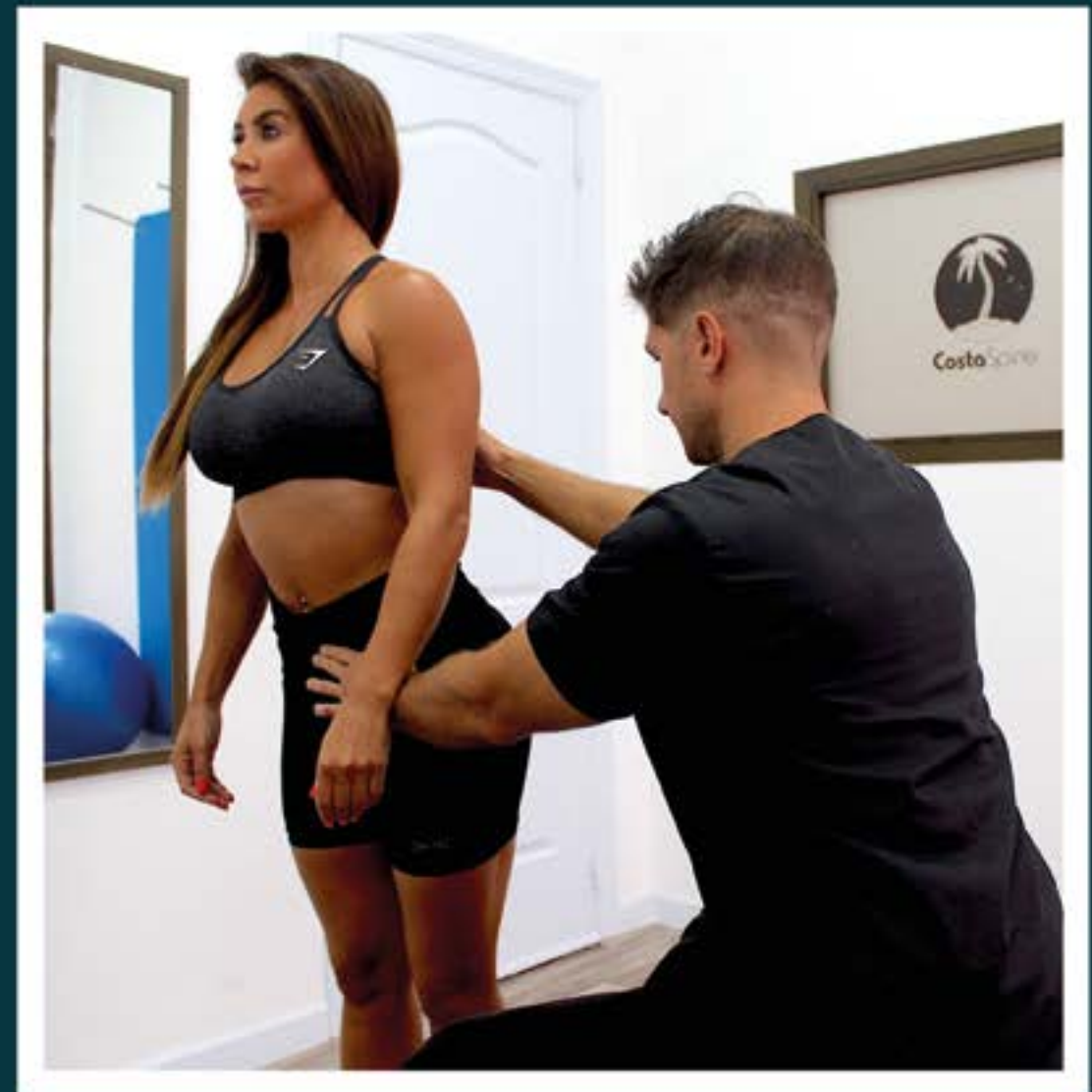
This condition often stems from aging, where discs lose their water content and become less flexible. Additionally, sudden movements, lifting heavy objects improperly, or even genetics can contribute. The symptoms can vary, but common signs include localized pain, tingling, or numbness in the lower back and legs.



Think of the spine as a stack of blocks, with each block representing a vertebra. When a disc herniates, it's like one of these blocks slightly shifting out of place. This misalignment can lead to irritation of surrounding nerves, causing pain signals to travel through the spine.

Treatment may involve rest, Chiropractic, and pain management. In severe cases, surgical intervention might be necessary to alleviate pressure on the affected nerves. To prevent lower back disc herniation speak to your Chiropractors at CostaSpine as they will ensure you are doing the following: maintaining good posture, exercising regularly, and using proper lifting techniques, if sitting for long periods at a time a lumbar support cushion would also come in very handy.

For anymore questions please feel free to ask us at info@costaspine.com.



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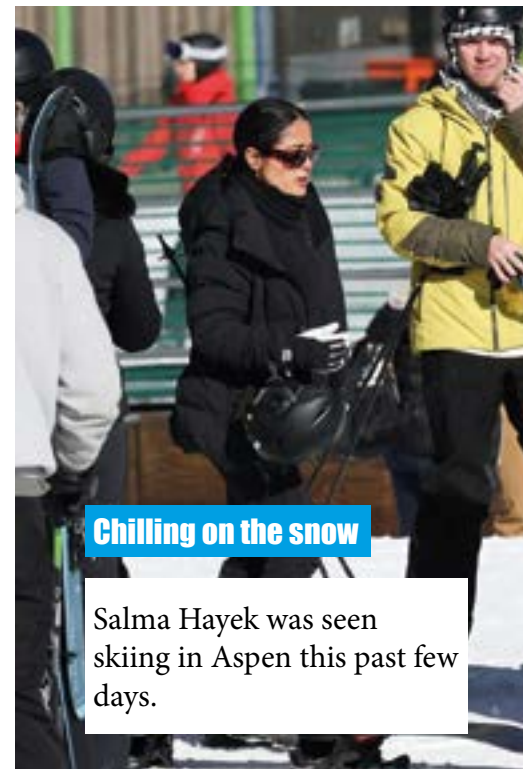


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local 12, San Pedro de Alcántara.



Chilling on the snow

Salma Hayek was seen skiing in Aspen this past few days.



Couple's day off

Eva Longoria and her husband enjoyed a walk around L.A. this holidays.

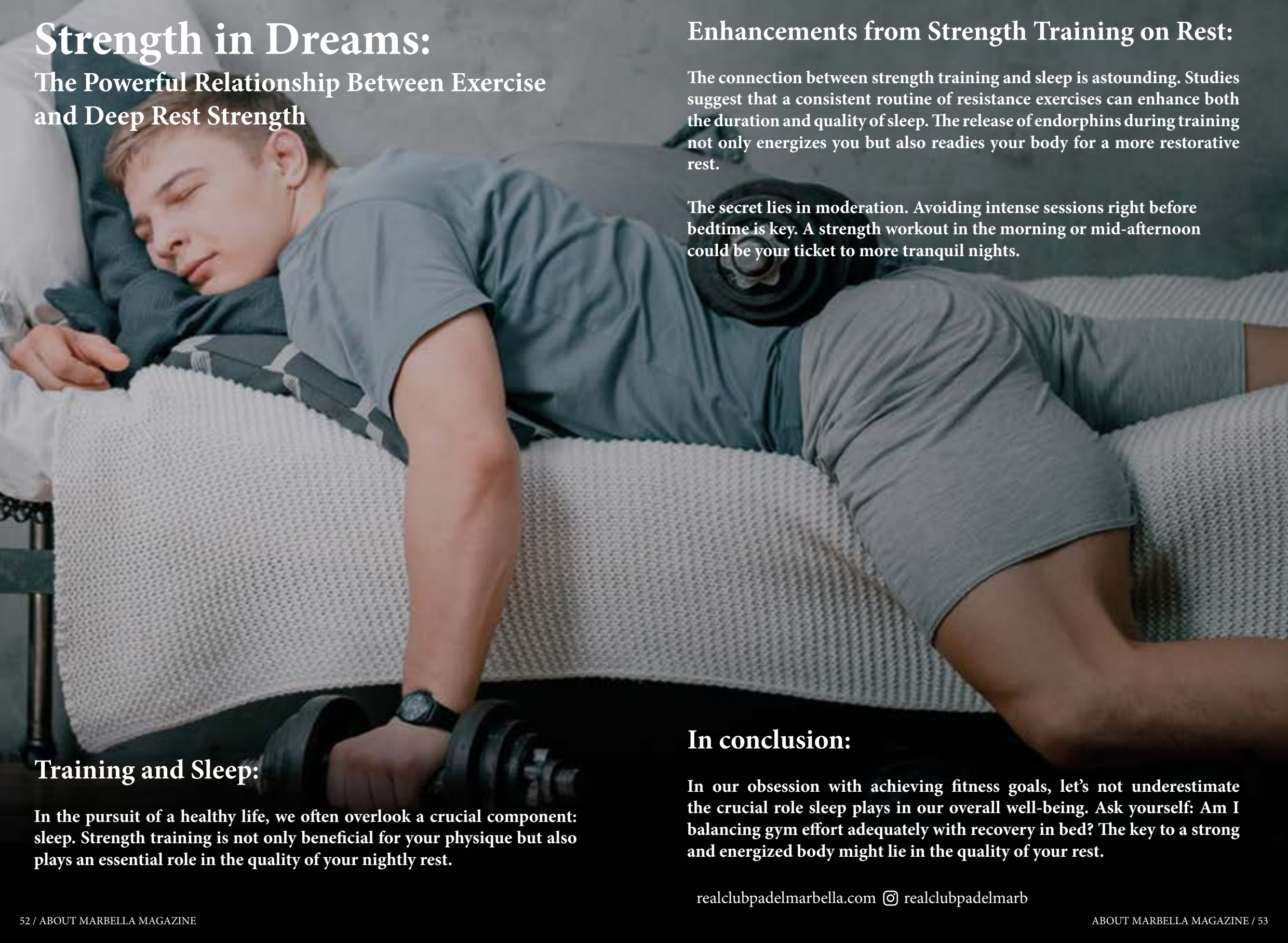


Career achievements

Jennie, The 27-year-old South Korean girl group member and The Idol actress confirmed that she's launching a new label called OA (ODD ATELIER) on December. Her solo activities will be managed with this new label and the 'BlackPink' ones with her fellow members.

Strength in Dreams:

The Powerful Relationship Between Exercise and Deep Rest Strength



Training and Sleep:

In the pursuit of a healthy life, we often overlook a crucial component: sleep. Strength training is not only beneficial for your physique but also plays an essential role in the quality of your nightly rest.

Enhancements from Strength Training on Rest:

The connection between strength training and sleep is astounding. Studies suggest that a consistent routine of resistance exercises can enhance both the duration and quality of sleep. The release of endorphins during training not only energizes you but also readies your body for a more restorative rest.

The secret lies in moderation. Avoiding intense sessions right before bedtime is key. A strength workout in the morning or mid-afternoon could be your ticket to more tranquil nights.

In conclusion:

In our obsession with achieving fitness goals, let's not underestimate the crucial role sleep plays in our overall well-being. Ask yourself: Am I balancing gym effort adequately with recovery in bed? The key to a strong and energized body might lie in the quality of your rest.



EDUCACIÓN · TALLERES Y SOPORTE MATERNAL



TALLER EDUCACIÓN MATERNAL

1. PSICOLOGÍA

Maternidad consciente - cambios emocionales y psicológicos que se producen durante el proceso de maternidad, desde la preconcepción hasta la crianza.

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4. PUERPERIO

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Lord Designs Director, Sophie Lord

The Award winning Interior Design company, Lord Designs Interiors talks to us about the colour trends for 2024.

COLOURS: THE TRENDS FOR 2024

While it is true that 2023 has been marked by a clear trend towards a range of earthy colours, from beige to brown, inspiring warmth, and naturalness, 2024 has arrived full of colour, breaking this trend of neutral colours.

We're taking a look at the colours we'll be seeing this year, and for this we turned to direct industry sources from the international design trade fairs. Lord Designs recently visited the Maison Objet in Paris where we were able to see first-hand the palette that will set the trend in this year's interior design projects.

To finish defining the chromatic palette that will guide us each year, we will also look at specialized paint brands such as Brugger and Behr. Pantone, the colour company founded in 1962, has a colour identification system that analyses trends every year by combining different influences and lifestyles.

But let's focus on the colours that will be in the spotlight in 2024. Colour is the best antidote in times of crisis. Add a note of elegance and personality to your spaces, incorporate joy into your designs with some of these proposals:

Green

In general, the range of greens is a trend in home decoration, we associate it with the outdoors and it symbolizes commitment and connection with nature.



Design by Lord Designs at Naqueles Villa, Marbella



Photograph by Javier Bravo

For the last few years, the trend has been towards intense greens, but now we are starting to find calmer greens. A range that is inspired by nature, by iridescent leaves, like those of the olive tree. This colour combines wonderfully with the rest of the trendy colours in 2024.

We love to use it on upholstery, accessories, and small furniture; on walls or rugs, it also works very well on a bedroom wall, headboard or for wardrobes.

Red

Always treated with care in decoration because of its protagonist character. But 2024 integrates it much more strongly, with a more powerful version towards intense raspberry tones or vibrant reds. Special care must be taken when introducing them without overdoing it. In cushions, rugs, or textiles, it offers us simple options to begin to introduce it into our spaces. We love to use it on upholstery, accessories, and small furniture; on walls or rugs, it also works very well on a bedroom wall, headboard or for wardrobes.



Design by Lord Designs
at Midtown, Gibraltar, Marbella.



Design by Lord Designs at Unico, Benahavis.

Terracotta

This colour arrives in 2024 completely revamped. It is presented in a warmer version. This will also happen with other colours that will be softened. We can say that this colour is a wardrobe staple in the world of decoration. A colour that has been present for several seasons, as it works very well in almost any environment.



J-Line stand at Maison & Object, Paris 2024.

Design by Lord Designs
at Cortijo Blanco, Marbella.



Oranges

Undoubtedly a vitamin colour. The key is knowing how to combine it with elegance. One of the colours of the year in the world of fashion, in decoration we must accompany it with more serene tones that give us balance. A good companion are natural woods, grey or cream tones. The recommendation would be to start with small details such as textiles, lights or a piece of decoration.

The blues

A classic that is positioned as a basic this season. This colour will also tend towards intensity and power. It is undoubtedly a deep, simple but powerful colour that instils calm and, at the same time, vitality. We can affirm that the trend towards primary colours is a fact. In hallways, bedrooms, living rooms and even kitchens. With white it looks outstanding.



Design by Lord Designs
at Naquëles, Marbella.

Design by Lord Designs
at Hotel Claude, Marbella.



Design by Lord Designs,
Quercus, La Quinta.



Maison & Object, Paris 2024.

Pepper Black

A colour that does not go unnoticed. Combining it with creams or woods, always avoiding the contrast with the vitamin colours we were talking about before. Far from bringing sadness, if we know how to use it, it can offer very pleasant sensations when combined with other more serene colours. This colour speaks of elegance, sophistication, and originality.

In this photo we can see how the black headboard gives a unique touch to this bedroom designed by Lord Designs for the Boutique Hotel Claude.



In this photo we can see how the black headboard gives a unique touch to this bedroom designed by Lord Designs for the Boutique Hotel Claude.



Designed by Lord Designs,
El Soto de la Resinera, Estepona

Ceramic colour. The Most Natural

This trend will not leave us this season. We will continue to see spaces with imperfect walls in these tones that we will combine with blacks, tans, and browns. Ceramic will also be the protagonist in the corners, ceramic vases in a rustic version with contemporary designs.



We love this Westwing rustic pot.
Available to order directly from Lord Designs.

What we do know for sure is that colour will be everywhere. Here is a small sample of what we found at the fair in Paris this winter. We would like to highlight the wide variety of accessories that can be our best allies when it comes to introducing colour into our spaces. They bring us contrasts and elegance, fun notes, original compositions that will take our spaces to another level. Don't be afraid and let yourself be carried away by this colour party.



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Unleashing Potential: Practical Strategies for Optimal Development in Your Business

One of the significant challenges for contemporary businesses is the ability to fit the pieces of the puzzle together for optimal process development. Under the motto “People First,” I would like to share different practical strategies to foster maximum performance and growth within a team.

Development of Human Maximum Potential:

People come first. Cultivating an environment that inspires innovation, continuous learning, and leadership promotes comprehensive development. It’s about going beyond roles and exploring the unique potential that each person brings. This involves giving individuals freedom and fostering a culture where mistakes are not a death sentence.

Strategies for Talent Development:

Simplify. Empower. Focus on individual strengths and create personalized development plans. Training is not just about acquiring skills but cultivating sustainable and meaningful growth.

Conclusion:

In the fabric of our business, every human thread matters. Reflect on this: Are we maximizing the potential of each individual in our company, or are we, on the contrary, discarding talent? The answer could open doors to a new level of innovation and success in your team and company.

INTELIGENCIA EMOCIONAL LUCHO

La tecnología avanza a un ritmo exagerado, pero nuestra cabeza aún más

Por eso últimamente se habla tanto de la inteligencia artificial, este no es mi caso ya que la tecnología es otra de las cosas que no se me dan bien.

Hay sentimientos que nos faltan por descubrir, que están muy dentro de nuestro cuerpo y te puedo asegurar que es mágico cuando lo haces y los puedes controlar. Te invito a descubrir tu inteligencia emocional...

¿Sabes qué significa la inteligencia emocional?

Es la capacidad de reconocer, controlar y gestionar nuestras emociones. También implica saber interpretar las de los demás.

Me refiero a la importancia de pensar conscientemente, de no pensar de más y no entrar en un bucle con pensamientos irracionales que lo único a lo que nos conducen es a

desgastarnos, llevándonos a tomar decisiones erróneas.

Hay que tener la capacidad de reconocer y aceptar la emoción, analizarla y darle el lugar que se merece. No debemos juzgarla, ni rechazarla.

Es por ello que llegamos a darnos cuenta de que lo que nos hace realmente mal NO es lo que nos sucede, sino lo que pensamos sobre lo que nos sucede.

A veces nos centramos de más en los pensamientos dándole vueltas a nuestra cabeza permanentemente, cuando es realmente más efectivo afrontar y asumir lo que nos pasa y verlo tal y como es, así llegaremos a darnos cuenta de que **NADA ES TAN TERRIBLE.**

Inteligencia emocional en la empresa

En mi proyecto personal motivo a las empresas a que la desarrollen



LUCIANO CALOMENI

Empresario con más de 25 años de experiencia Asesor de hostelería y especializado en RR HH / salud mental / psicología positiva / mindfulness

con su equipo de trabajo desde la parte directiva hacia abajo, ya que los trabajadores que la practican tienen la capacidad de comprender, ayudar y motivar a sus compañeros y manejan mejor las situaciones de crisis y de conflicto en la empresa, lo que provoca un mayor rendimiento personal y grupal.

Las organizaciones deberían dar más importancia a los valores humanos, pues, a veces, se centran mucho en la productividad, marketing, tecnología y sus nuevas herramientas de trabajo, pero se olvidan que el valor humano es el que lo lleva adelante y hay que saber gestionarlo.

Practicar la empatía en la empresa da grandes resultados. Y recuerda siempre cómo hablar con tu entorno personal y laboral. Yo siempre digo que las palabras NO se las lleva el viento, sino que producen una gran influencia en el otro y nunca sabemos por el estado emocional que está pasando.

¡Así que cuidado con lo que decimos!

Os regalo este dibujo para que podáis apreciar la diferencia de la vida humana y la animal. Como podéis observar, uno vive el presente (conciencia plena), mientras que el otro, si no controla la inteligencia emocional, no vive nada en concreto. ¡Disfruta de cada momento conscientemente!

In a world propelled by the rapid strides of technology, where artificial intelligence dominates conversations, it's easy to feel overwhelmed. However, amidst the buzz of AI, there exists a realm within us that requires exploration—the intricate landscape of emotional intelligence. Unlike the swift evolution of technology, understanding and harnessing our emotions demand a different kind of mastery. While I may not be proficient in the intricacies of technology, I am passionate about delving into the uncharted territories of our own feelings.

Beneath the surface, there lies a treasure trove of emotions waiting to be uncovered—a journey that holds a certain magic when we grasp the ability to not only experience these emotions but also to control them.

Join me as I explore the subject of emotional intelligence, a facet of human experience that stands apart from the relentless march of artificial intelligence.

What is Emotional Intelligence?

Have you ever considered what emotional intelligence actually is? It encompasses the skill set to recognize, control, and manage our own emotions, along with the ability to understand and interpret the emotions of others.

What I'm emphasizing here is the significance of conscious thinking—steering clear of overthinking and evading irrational thought loops that only deplete our energy, leading to misguided decisions. It requires the capacity to acknowledge and accept emotions, analyzing them objectively and assigning them their rightful place. Judging or rejecting emotions is counterproductive.

Perception is Everything

Through emotional intelligence, we grasp the realization that our true source of distress isn't the events themselves but rather our perceptions of them. At times, we become overly engrossed in incessant thoughts, whereas a more effective approach lies in confronting and accepting our circumstances as they are. In doing so, we come to the profound understanding that nothing is as formidable as it may initially seem.

Emotional intelligence in the company

Within my professional endeavors, I advocate for the integration of emotional intelligence within companies, fostering its development across the entire workforce, starting from upper management. Those employees who actively engage in practicing emotional intelligence demonstrate an enhanced ability to comprehend, support, and motivate their colleagues.

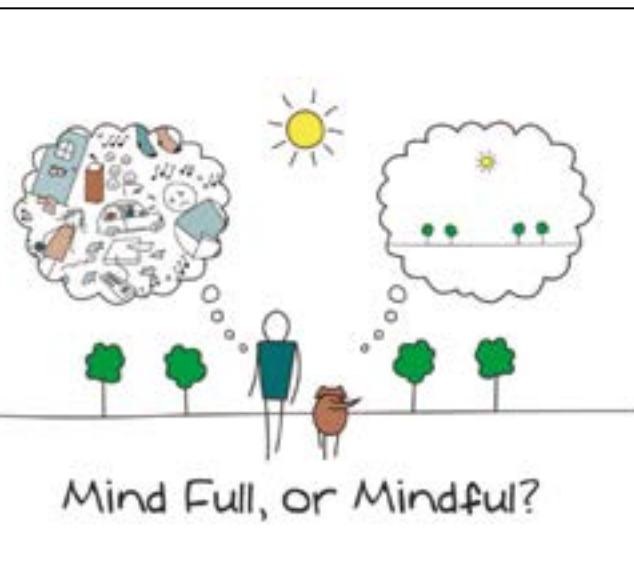
This proficiency becomes particularly evident in crisis situations and when dealing with conflicts within the company, ultimately contributing to elevated individual and group performance.

In emphasizing the importance of human values, my belief is rooted in the observation that organizations often prioritize productivity, marketing, and technology, sometimes neglecting the significance of human values that propel progress. Effectively managing human value is paramount.

The implementation of empathy in the workplace yields noteworthy outcomes. It is crucial to bear in mind how we communicate within both our personal and professional environments. I consistently emphasize that words are not fleeting; they wield substantial influence over others, and their impact is often more profound than we realize, especially considering the emotional states of those we interact with.

So be careful what we say!

I offer you this illustration to highlight the distinction between human and animal existence. Clearly, one lives in the present, fully conscious, while the other, lacking control over emotional intelligence, merely exists without truly experiencing anything specific. Take a mindful approach to relish every moment consciously!



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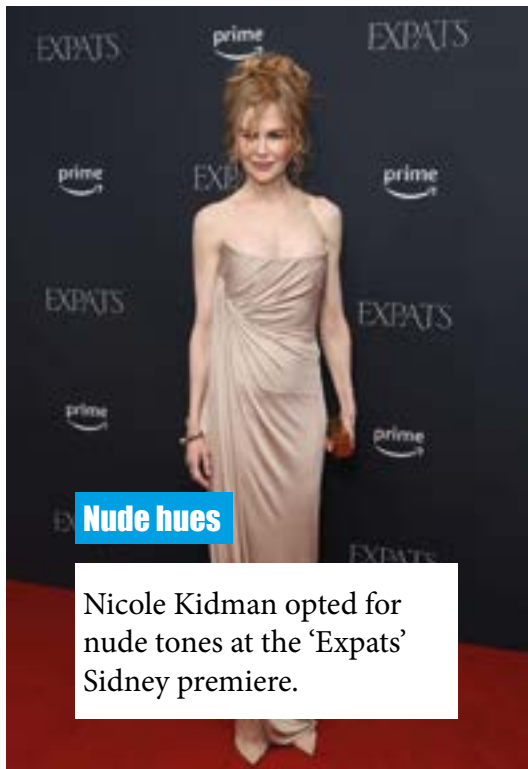
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RADIO FOR LATIN MUSIC LOVERS





Delicate grey

Adriana Lima wore this lightly pleated gown for the Mon Cheri event.



Nude hues

Nicole Kidman opted for nude tones at the 'Expats' Sidney premiere.



Proud and gorgeous

Dolly Parton opened up about her cosmetic procedures. “If something is sagging, I touch it up” Dolly said, revealing her simple policy about going under the knife. When asked if she regretted her decision, she replied, “Every once in a while you get a bruise, or sometimes with fillers and Botox you go too far and you have to wait for the swelling to go down to get back to looking normal.”



Festival Fever: THE BIRTH OF FIESTA MARBELLA

When news of the latest music festival hitting Marbella reached us, we were immediately intrigued. However, it wasn't until we had the chance to meet one of its co-founders, the seasoned music industry pro, Bill Blenkarn, that our excitement truly soared. The brainchild of Bill and his fellow co-founder Steve Durham, the entrepreneurial force behind We Are FSTVL, the festival will take place over five nights. Brimming with diverse cultures and vibrant energy, FIESTA Marbella is poised to inject a fresh wave of excitement into Marbella's scene, and we at Top Entrepreneurs are all in!

Interview with Bill Blenkarn and Steve Durham of FIESTA Marbella, by Caroline Lips



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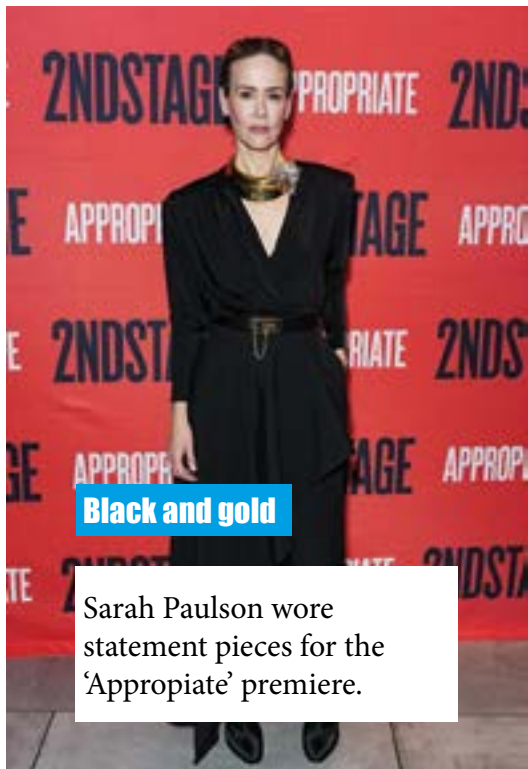
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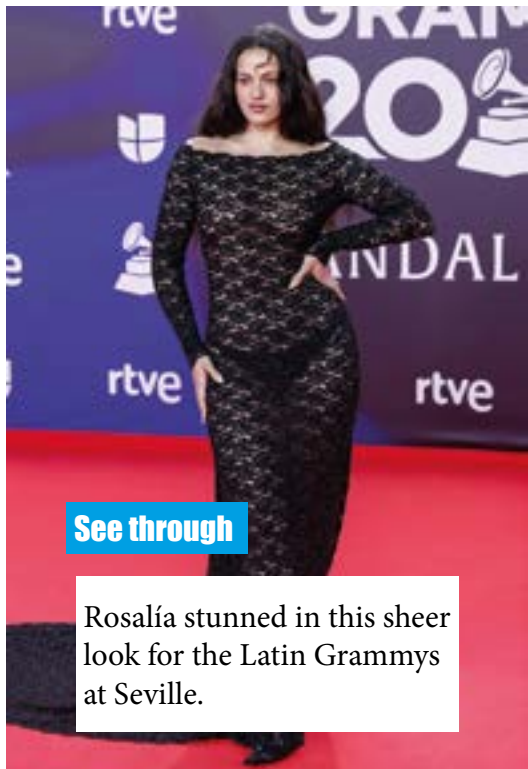
Black and gold

Sarah Paulson wore statement pieces for the 'Appropriate' premiere.



Daughter's love

Scarlett Johansson revealed the detailed Christmas list her daughter prepares every year.



See through

Rosalía stunned in this sheer look for the Latin Grammys at Seville.



Fantasy day

Singer Brandy was a pink cotton candy dream for the NYC Thanksgiving Parade.

Successful couple

Gwen Stefani and husband Blake Shelton spent New Years Eve in different locations but not because of any problem in their marriage. The singer said that she was quite happy for having the opportunity to lead the New Years Eve show in Vegas while he was leading it in Nashville. They both celebrated their career achievements in such a special night.



Close and personal

Lana del Rey offered in depth interviews with several magazines regarding work, personal life and art. These topics covered her production adventures in a Taylor Swift album and her relationship status after her latest breakup.



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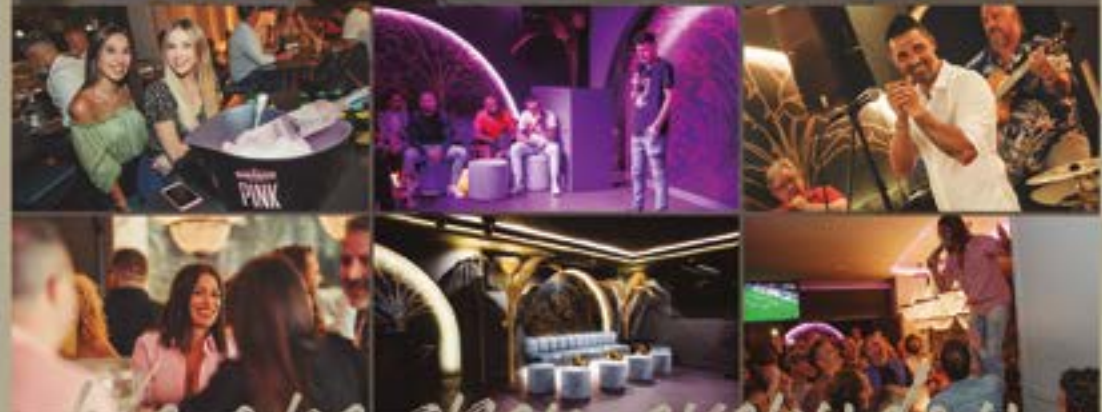
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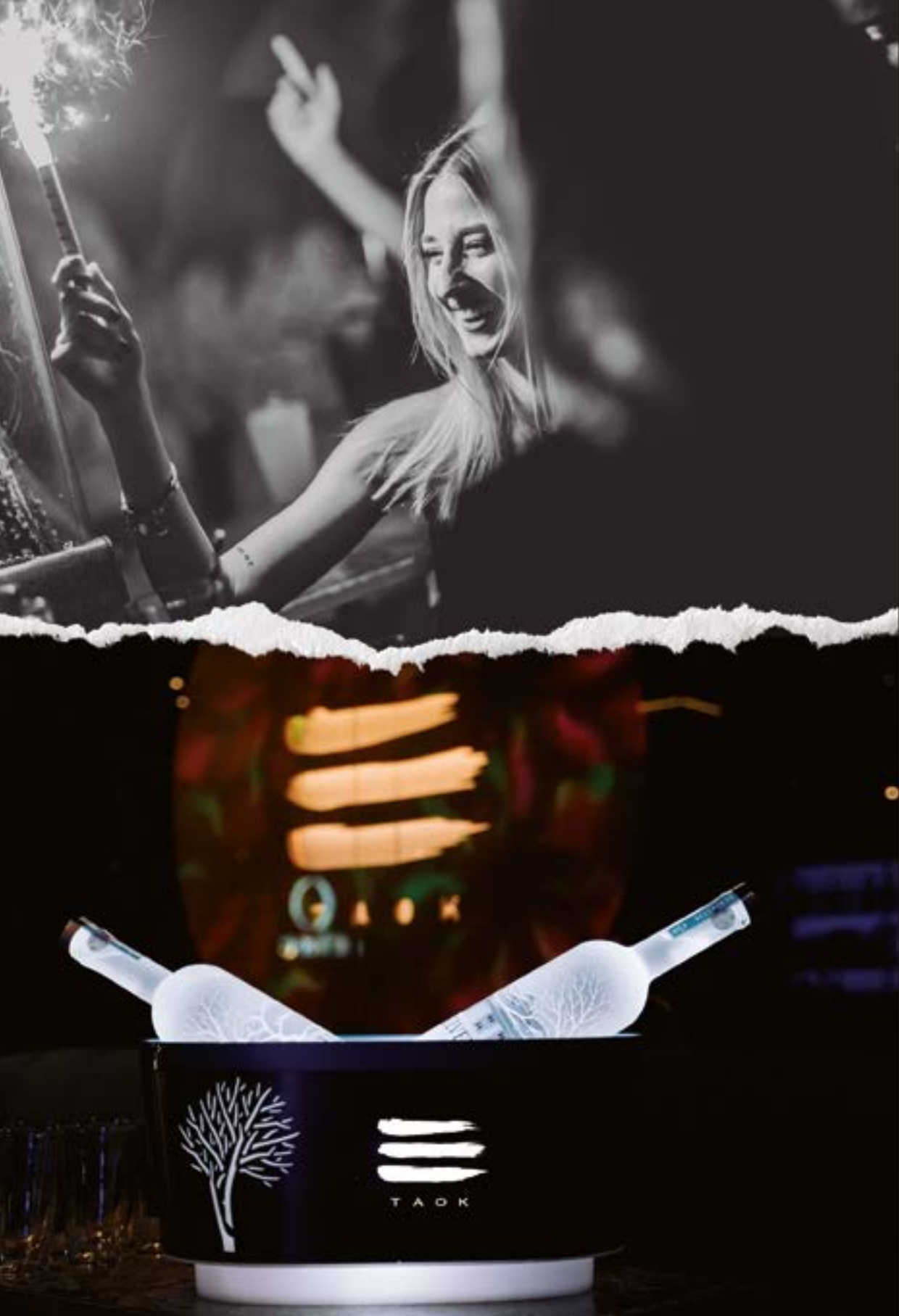
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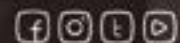
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Live performance

Enrique Iglesias was involved in controversy following his latest live tour.



Artsy looks

Hunter Schafer wore Schiaparelli for 'The Ballad of Songbirds & Snakes' premiere.



Royal meetings

The members of Blackpink joined the South Korean president and his wife to their visit to the Buckingham Palace, where they were greeted by the royal family with an exquisite celebration and dinner.

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
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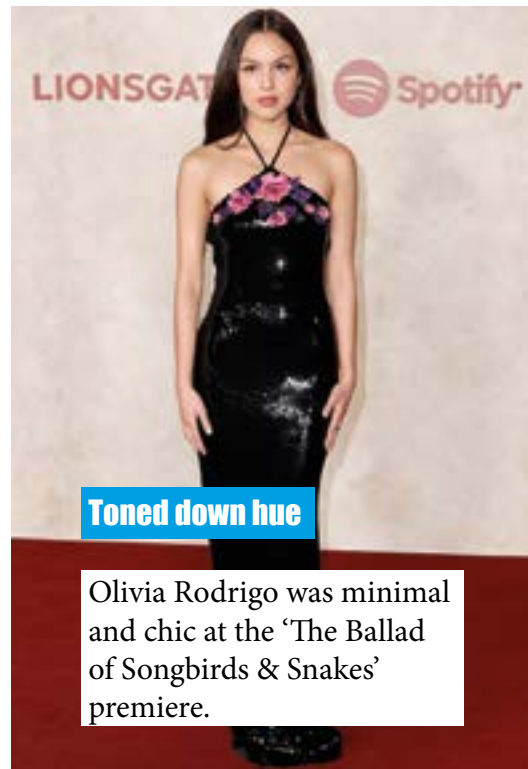
Family business

Billie Eilish and her brother Phineas just opened their new restaurant in LA.



Extreme femme

Shakira chose this futuristic corseted black look for the Latin Grammys.



Toned down hue

Olivia Rodrigo was minimal and chic at the 'The Ballad of Songbirds & Snakes' premiere.



Couple time

Ed Sheeran was s'potted wnenjoying a rare night out with his wife in London.



His priorities

Matt Bomer revealed that he turned down an offer to play Ken for the popular 'Barbie' movie. The reason behind this decision was mainly that he didn't want to spend a long period of time away from his family in the States, since the filming was made mainly in the UK.



A married girl

Adele might have recently revealed her status by confirming the she has tied the knot with her current partner Rich Paul, during the Alan Carr's seasonal comedy special in Los Angeles.



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