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# The 60 Second Interview: Shefa Ali Nader

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Shefa Ali Nader, Head of Healthcare Marketing, Sidra Medical and Research Center, explains how important it is to love what you do.



## What made you want to be a part of Qatar Foundation (QF)?

QF feels like home to me. I used to work in a Hamad bin Khalifa University partner university, after which I left for a while to work in the oil and gas industry. After these wonderful experiences, it came back full circle for me as I joined Sidra in 2012, which almost felt like a homecoming.

# What do you think is the secret of personal success?

To love what you do, to feel healthy, happy, and grateful; that to me is true personal success.

## Do you have any creative hobbies?

I love dress designing. After the whole process, I feel great joy, excitement and satisfaction on finally seeing the complete product. I had entered a dress designing competition in Dubai in 2013, and reached the top 20 in the Middle East.

#### What is your latest personal goal that you are close to achieving?

I would say the latest personal goal that I have achieved is climbing to the top of Mount Kilimanjaro. In the lead up to the climb I had been raising funds for the Kilimanjaro orphanage center. While I was there, I did some volunteer work for the orphanage and presented them with the funds that I had raised.

#### What is your favorite place to visit in Qatar?

At the moment, Aspire Zone is my favorite place. I had spent a lot of time there training, in preparation for my climb to Mount Kilimanjaro. The atmosphere is inspiring and encouraging; you can almost feel a sense of discipline and commitment as most of the people around you are there for the same reason.

#### What is your greatest ambition?

I used to naively say my ambition was 'To change the world', but I have come to realize in order to do that I need to change myself. So that's a constant work in progress; trying to follow the example of the Prophet Mohammed (peace and prayers upon him) in treating others how I want to be treated. I believe in leading by example so if we work on perfecting how we treat humanity, others will hopefully be inspired and then follow suit.

#### What is the best advice you have heard to date in your life?

If I have to choose one advice from the many I have heard over the years, it would be from the late great Maya Angelou - "When people show you who they are, believe them."

## What's your favorite holiday destination?

I love Dubai and New York. However, I have told myself that 2015 will be the year of adventure and all about visiting new destinations.

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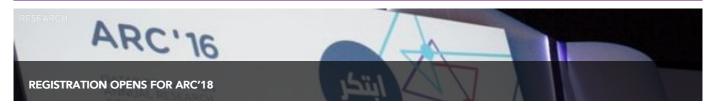
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