JUNE 2020

FOREVER®

We Are Forever

Pure and powerful

Forever Aloe Vera Gel®

Drink in the benefits of Forever Aloe Vera Gel®.

Our aloe vera drinking gel is made of 99.7% pure inner-leaf aloe with no preservatives for an experience as close to nature as you can get! Forever Aloe Vera Gel® supports healthy digestion, promotes proper immune function and optimal nutrient absorption.

Forever Aloe Vera Gel® | SKU 715

The Aloe Vera Company

FOREVERLIVING.COM.AU

FOREVER®

What's inside?

Welcome to WE ARE FOREVER Australia edition

This recognition magazine packs inspirational stories, FBO's who have moved up in the marketing plan or have been qualified for incentives and helpful tips and ideas that will help to keep your well-being in check, all in one neat package.

Discover more about Forever Living and why we love aloe in this beautiful publication – enjoy!

May

NEW SOUTH WALES

ASSISTANT SUPERVISOR
Asmahan Abdulahad
Maryana Balshasr
Pachok Akech Chol
Sarah Bassam Desha
Saveen Fawzi
Claire Louise Friebe
Asma Gul
Sarah Harbi
Shumaila Jawaid
Mina Jibrael
Karli Joseph
Francis Koteka
Hayley Maree Lawrence
Maryam Mahommed
Siti Asmah Binti Mohammad
Alice May Muschamp
Robert Nicholls
Susan Ann Rishman
Shahad Shito
Ina Taoro
Amritpal Singh Wander
Yasmeen Yasmeen
Pnna Yousif

SUPERVISOR
Shahlaa Al-Khamees
Zozan Sheto

ASSISTANT MANAGER
Katie Burns
Nihal Ghazzawi

WESTERN AUSTRALIA

ASSISTANT SUPERVISOR
Kausalia Apparao Apparao
Sonia Blake
John Neville Jessie
Josephine Lero
Alisha Maru
Cameron Mcletchie
Noah Muzuva
Missy Nesbitt
Cecelia Pewee
Mina Pindolia
Adu Ra
Jessica Stephens
Amber Jessee Thomson
Ngatokoono Tuaine
Chantell Waterson
Chin Chyi Yii

SUPERVISOR
Teokotai April Roi

VICTORIA

ASSISTANT SUPERVISOR
Rabab Alhawli
Aisha Allouche
Nurdan Ayvaz
Ramah Chaaban
Katherine Chang
Nyadang Joshua Dei Wal
Nilay Dogan
Tulay Ekinci
Ayche El- Haouli
Zainab Elhaouli
Fatmeh Elhouli
Tracey L Gribbrock
Zahrah Habibullah
Hiba Ibrahim
Sahra Abdi Jama
Gaganjot Kaur
Mujinga Gisele Mulenda
Fadilah Othman
Sidrah Rafei
Alia Rafhi
Ranjit Singh
Ragheda Taleb
Geraldine V Vejano
Yit Kuan Wong

SOUTH AUSTRALIA

ASSISTANT SUPERVISOR
Jodie Marie Battams
Ann Biele
Waylon Butt
Mary Margaret Cary
Casey Cole
Sandy Falting
Kylie Johanne Hessler
Sarah Knowles
Lynn Schmaal
Navjot Singh
Sharyn Taylor
Kelly Marie Westley

MANAGER
Jasmin Elizabeth Proud

TASMANIA

ASSISTANT SUPERVISOR
Galia Bastoni
Kelly Nichols

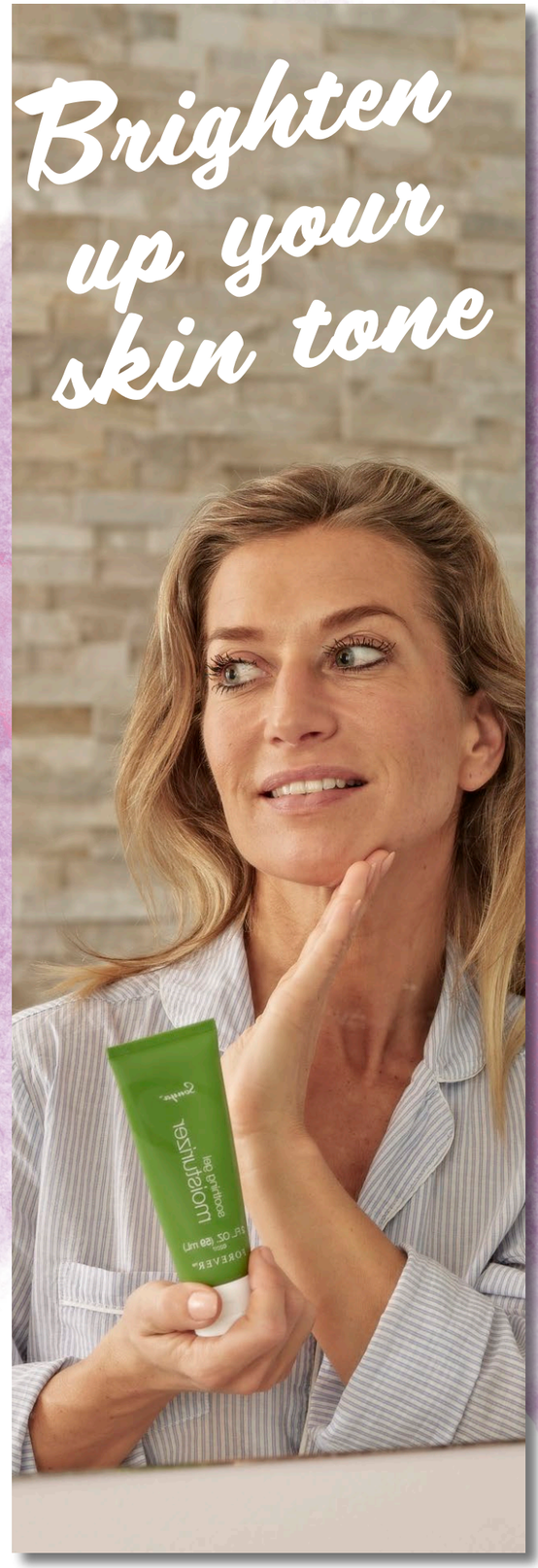
SUPERVISOR
Cassandra Williams

QUEENSLAND

ASSISTANT SUPERVISOR
Kahlee Christiansen
Joseph Cleary
Florian Fructuoso
Deborah Howell
Gordon Kelly
Michelle Mendoza
Abuk Mario Muor
Fatma Sevinc
Sarah Kate Thomasson

TOP 20

Stephanie Mccurdy
Es Arslan (Esma Bak)
Asma Chaouk
Vincent Chan
Nihal H Ghazzawi
Jasmin Proud
Katie Burns
Zozan Sheto
Mary Calleya
Susan Lusdoc
Debramarie Geileskey
Elle Voigt
Helen Apoefis
April Teokotai Roi
Luisa Element
Svetlana Rasic
Julie Johnson
Cassy Williams
Janet Ho
Yah May Liou



MAKE A DIFFERENCE
AND DONATE

How can you help? Make a donation to Forever Giving to help purchase the raw ingredients needed to package these meals. Together, we can make a difference.

forever-giving.org

Rise AGAINST HUNGER
food · community · sustainability

forevergiving

April

NEW SOUTH WALES

ASSISTANT SUPERVISOR
Filiz Cay
Dov Goldenthal
Yong Fui Han
Prabhjot Kaur
Jaimee Ivy Mcquellin
Arerangi Nicholls
Linda Nicholls
Galvi Grace Novabos
Rerepairere Patia
Ghasaq Mohammed Sabah
Mudthana Sayumpron
Neeli Sharma
Zozan Sheto
Saheb Jeet Singh
Justice Faaeseina Tuani
Robyn Van Dam

QUEENSLAND

ASSISTANT SUPERVISOR
Ramandeep Kaur
Michelle Mcpherson
Taoro Taoro
Monique Visser

SOUTH AUSTRALIA

ASSISTANT SUPERVISOR
Caroline Baker
Paige Bateman
Maxwell Davey
Kieron Hicks
Lucy Drew Millikin
Melanie Minear
Jo Munchenberg
Mira Sangregorio
Melissa Scott
Abraham Yitbarek Tegenge
Preston Voigt

ASSISTANT MANAGER
Jasmin Elizabeth Proud

WESTERN AUSTRALIA

ASSISTANT SUPERVISOR
Ramandeep Kaur
Michelle Mcpherson
Taoro Taoro
Monique Visser

VICTORIA

ASSISTANT SUPERVISOR
Arshdeep Singh Brar
Rasha Hendi
Adam Humphrey
Simran Jeet Kaur
Vinay Kumar
Felicity Lindsey
Lakhwinder Singh
Ashtar Younan

SUPERVISOR
Rayann Haouli
Kirsty Anne Humphrey

TOP 20

Stephanie Mccurdy
Helen Apoefis
Pascale Leviste
Shahlaa Al-khamees
Elle Brooke Voigt
Katie Burns
Kirsty Anne Humphrey
Rayann Haouli
Timothy Dominic Mccranor
Jasmin Elizabeth Proud
Esma Bak
Ke Ning Wu
Teokotai April Roi
Cedric & Alice Lee
Marko Jandric
Janet Ho
Mary Calleya
Vincent Chan
Julie Johnson
Arerangi Nicholls

March

NEW SOUTH WALES

ASSISTANT SUPERVISOR
Rajwinder Kaur
Tracy Trang Thi Tran
Fiona Maria Van Zanten
Paulien Vercruysse

QUEENSLAND

ASSISTANT SUPERVISOR
Feviliza Camat Carino
Doreen Mcmanus
Rose Marie Nguyen
Heather Scanlan

SOUTH AUSTRALIA

ASSISTANT SUPERVISOR
Michelle Hopkins
Sarah Johnston

SUPERVISOR
Carmela W Santoro

VICTORIA

ASSISTANT SUPERVISOR
Rosemarie Goder
Rayann Haouli
Bassia Hazim
Esraa Jasim
Atta Khoder
Siaw Phin Phiong

SUPERVISOR
Eda Gurlu

WESTERN AUSTRALIA

ASSISTANT SUPERVISOR
Cherry May Aropo
Haidi Balquin Camama
Chang Yen (Kenny) Chew
Luvilyn Javison
Sheryl Louise Munro
Nimfa Pasos
Teokotai April Roi
Theresa Wyborn

TOP 20

Haidi Balquin Camama
Feviliza Camat Carino
Chang Yen (Kenny) Chew
Rosemarie Goder
Rayann Haouli
Bassia Hazim
Michelle Hopkins
Esraa Jasim
Luvilyn Javison
Sarah Johnston
Rajwinder Kaur
Atta Khoder
Doreen Mcmanus
Sheryl Louise Munro
Rose Marie Nguyen
Nimfa Pasos
Siaw Phin Phiong
Teokotai April Roi
Heather Scanlan
Tracy Trang Thi Tran
Fiona Maria Van Zanten
Paulien Vercruysse
Theresa Wyborn
Eda Gurlu
Carmela W Santoro

The lifeblood of Forever's global connection

There's a lot that happens behind the scenes when it comes to delivering products to more than 160 countries around the world.

Forever Direct in the Netherlands is the heart of the company's global distribution network and the key to ensuring Forever can deliver products to customers when they need them.

Through a combination of cutting-edge technology, environmental responsibility and great people, Forever Direct has set itself apart as an example for the industry. Keep reading to learn more about the technology and people that make Forever's global reach possible.

Driving performance with technology

Precision and efficiency are on display everywhere you look at Forever Direct. Amid the rows of shelves stacked high with Forever products is some of the most advanced sorting and picking technology on the planet. A system called cubing determines the best shipping box to use based on the weight and dimensions of each product in the order. The system will automatically calculate the shipping box size or divide the order into multiple smaller packages.

This not only allows the staff to package orders far more swiftly and efficiently, but also reduces the need for wasted space. This means they use only as much packaging as necessary and keeps the entire process more environmentally friendly.

Another key technology used at Forever Direct is the pick by light system. This technology simplifies the order picking process by switching on a light at each product station to show which products need to be added to an order.

Once the products are added at a station, the light is switched off and the box heads to the next station until the order is complete. This system means orders can be picked and filled quickly so customers get their orders even faster.

Inspections are performed by hand and with the assistance of specialized technology to ensure every product is packaged properly and ready to reach any destination in the world in perfect condition.

Reducing environmental impact for a better planet

Forever Direct is committed to environmental responsibility. All the shipping boxes are made with 85% recycled materials and printed with environmentally-friendly ink. The plastic air cushions used to protect products during shipment are not only recyclable but can be punctured to take up less space. These cushions are also carbon neutral compared to paper filling.

To reduce its carbon footprint even further, Forever Direct has installed eco-lighting across the entire facility and only uses eco-friendly cleaners.

Yet, with all the advancements and continuing commitment to using the latest, environmentally-conscious technology, there's one other factor that really sets Forever Direct apart: the people.

February

NEW SOUTH WALES

ASSISTANT SUPERVISOR
Rabia Basri
Christalla Garagounis
Hella Hassoud
Tye Humphries
Christopher Jonson
Ravinder Kaur
James Perez
Sabrina Tan

SUPERVISOR
Katie Burns

QUEENSLAND

ASSISTANT SUPERVISOR
Samarpreet Kaur
Ramandeep Kour
Edina Nagy-bodi
Joyce Ren

SOUTH AUSTRALIA

ASSISTANT SUPERVISOR
Shubham
Maristella Bava
Louise Benwell
Vera Lampero
Rohit Sethi
Sharyn Ann Voigt

VICTORIA

ASSISTANT SUPERVISOR
Tara Baykan
Eda Gurlu
Tamara Hindle
Marina Pavlovic-cetkovic
Varun Sharma

WESTERN AUSTRALIA

ASSISTANT SUPERVISOR
Michelle Olivia Golawski
Sonya Ann Monaghan
Chee Chin Ng
Teresa Palumbo
Susie Poleschtschuk
Marites Reyes

TOP 20

Stephanie Mccurdy
Vincent Chan
Mary Calleya
Esma Bak
Susan Lusdoc
Janet Ho
Cedric & Alice Lee
Jasmin Elizabeth Proud
Asma Chaouk
Yah Mey Liou
Julie Johnson
Timothy Dominic Mccranor
Henry Wu
Katie urns
Eda Gurlu
Suetlana Rasic
Ke Ning Wu
Luiza Amar Ellement
Carmela Santoro
Nita Maria Lowe

January

NEW SOUTH WALES

ASSISTANT SUPERVISOR
Nihal Ghazzawi
Ping Liang
Liana Pazman
Jolanta Rybus
Mary Skalkos
Amir Hafiz Yussri

QUEENSLAND

ASSISTANT SUPERVISOR
Anneke Bayer
Suzannah Amy Cray
Sant Singh
Kuldeep Singh Singh

SOUTH AUSTRALIA

ASSISTANT SUPERVISOR
Schroeder Deborah
Jamie Lamshed
Sammy Miles

SUPERVISOR
Elle Brooke Voigt

VICTORIA

ASSISTANT SUPERVISOR
Hala Al-Jizani
Loren Blake
Kirsty Anne Humphrey
Amina Khan
Ruby Mamangun
Rabia Oz
Simmu Sharma
Ann-Maree Shoebridge
Mohit Sood
Hanifa Yurukoff

WESTERN AUSTRALIA

ASSISTANT SUPERVISOR
Tommaso Carzaniga
Cheryle Jones
Harmony Lockerby
Komal Bharat Shah

TOP 20

Stephanie Mccurdy
Vincent Chan
Mary Calleya
Esma Bak
Roselyne Goussot-Lai Thi Duyens
Susan Orias Lusdoc
Pascale Leviste
Debramarie Geileskey
Janet Chun Ying Ho
Cedric C Lee
Luiza Amar Ellement
Henry Z X Wu
Jasmin Elizabeth Proud
Alex Vuong
Desma Moshou
Julie Johnson
Syeda Maria Arsalan
Suetlana Rasic
Ke Ning Wu
Timothy Dominic Mccranor

The incredible science of a

The science of a smile

There's something magical in a smile. In fact, if there's one great thing that the scientific world has uncovered, it's the fact that smiling has a positive impact on yourself and the world around you. Research shows that a smile not only lifts your mood, but also makes you appear more attractive to others – who wouldn't sign up for that? But, that's just the beginning when it comes to the power of a smile.

Smiling is nature's antidepressant

When you smile, your brain releases a wave of feel-good neurotransmitters like dopamine, serotonin and endorphins. Serotonin lifts your mood while endorphins promote an overall sense of calm and wellbeing. The chemical reactions that take place in your brain when you smile benefit both your physical health and happiness.

Smiling makes you more attractive

Did you know smiling instantly boosts your attractiveness? According to a study published in the journal Neuropsychologia, you actually become better looking when you smile. That's because seeing a smiling face activates a part of your brain that processes sensory rewards, so when you see a person smiling it provides a sense of gratification. Other studies have shown that both men and women are more attracted to images of people who smile and make eye contact.

> **"THE CHEMICAL REACTIONS THAT TAKE PLACE IN YOUR BRAIN WHEN YOU SMILE BENEFIT BOTH YOUR PHYSICAL HEALTH AND HAPPINESS.**

Smiling can help even when you don't feel like it

While most of us think of a smile as a reaction to a positive experience, it turns out that just deciding to smile even when you don't feel like it can lift your mood. In other words, fake it until you make it. Research shows that forcing yourself to smile can actually release endorphins that are crucial to lifting your mood. Just by smiling, you can trick your brain into thinking it's happy. Buddhist author Thich Nhat Hanh put it perfectly when he said that while joy can be the source of your smile, sometimes your smile can be the source of your joy.

Smiling is contagious

When it comes to spreading happiness, there's nothing like a smile. In one study, participants were asked to frown every time they saw a picture of someone smiling. Easier said than done. Just the sight of someone smiling triggers an automatic response to smile back!

Smile more and reap the benefits

Let your smile shine and see how the world around you responds. By making a conscious effort to smile more you might just find that you feel happier.

www.foreverliving.com.au

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