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I'm a real leader! My leadership skills are quite strong, so I'm not afraid to step up to the plate when problems need solving. I've got a solid combination of organisational skills to communication ability. These talents make me a great resource in the workplace, someone people can look to for guidance and direction.

How I take my coffee provides people with a small window into my personality. Here's what one will see: For me, coffee is a tool, and my drinking style labels me as a go-getter, a non-stop hard worker. Coffee gives me the jump-start I need in the morning and keeps me going throughout the day. My fellow coffee drinkers see me as resourceful, energetic, and tireless. I am always on. If a job needs to get done, I'm just the type to make it happen. My coffee style says that I'm very flexible and that I adapt well to change. In fact, I require a lot of variety in my life. I juggle many tasks at once or move quickly from one task to the next. I am driven by my desire to accomplish many things, and sometimes it might seem like there isn't enough time in the day. Creative, quick and witty, I grab hold of life with both hands and hang on for the ride.

I have a slight problem with when I eat my food. I do not eat on a regular schedule and I am not consistent with how much I eat at one sitting. This is problematic because my body doesn't know when I will be eating and when it should start metabolising what I put in it, which leads to a slow and inefficient metabolism, which means that my body is not efficiently using the food I am giving it. I also have some problems with what I eat. I eat healthy food sometimes and not-so-healthy food at other times. What I put in my body will determine how efficiently it gets me through my days. As I am not eating the kinds of food that are good for me and that my body needs, I am at risk of being worn out and having a body that is working inefficiently, or even developing health problems. I have some minor problems with how I eat as well. This refers to my intake habits - how much I eat at a time. I sometimes skip meals, eat one big meal a day, and eat quickly. These are all habits that are unhealthy and do not benefit my body. I need to learn to space out my eating throughout the day, eat regularly, and slow down when I am eating. That is the only way my body can efficiently deal with the fuel I am giving it. So, although I am doing the right thing some of the time, I need to learn to do it all of the time. I try to be a bit more aware of what is good for me and what isn't and to take better care of my body. But change takes time, so I don't try to change all of my patterns and habits at once. I do it at a pace that will result in permanent change. After all, eliminating one bad habit for the rest of my life is better than eliminating a lot of them for a few days before I give up and take them all up again!