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it's like the sunday of summer

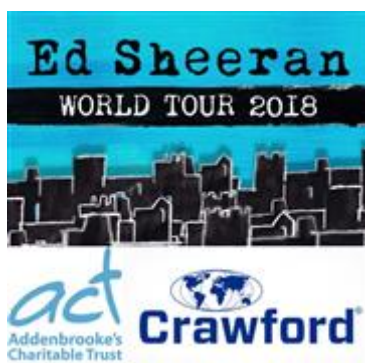
Dear Member,

As I sit down to write this, I realise that it's my fifth monthly message to members since taking on the role of president; I can hardly believe it - that must mean my term is nearly halfway through! Anyway, I expect lots of you have either recently returned from a summer holiday, or are about to embark on one, so I'll try and keep it brief...

You might remember that last month I shared my intention to try and complete a morning run at least three times a week. Well, I've achieved 50% of my goal, in that I *have* run at least three times a week - but it hasn't always been in the morning! Although at first it was tempting to think of this as a failure, I've decided to be my own life coach, and treat it as a learning process instead - I'm clearly never going to be a 'morning person', so rather than abandon my fitness plans completely, I need to adjust my expectations, and make time to run in the evenings instead. And if I need a shot of motivation, I can remind myself that last week, during a short break to the Scottish island of Arran to celebrate my 10th wedding anniversary, I achieved a personal best for time taken to reach the summit of Goat Fell. However you've been spending the summer, I hope you have plenty to look back on with pride and satisfaction, too.



See Ed Sheeran, live - for a fiver!



Ed Sheeran is coming back to Wembley Stadium in 2018 - tickets for all four nights sold out almost instantly, but if you were hoping to be there and missed out, I'm thrilled to announce that you could still be in with a chance, thanks to the Institute! We have secured a pair of tickets for the gig on Thursday, 14th June, and will be running a raffle to give any member who is interested a chance to win them.

This fantastic prize has been kindly donated by my employer, Crawford and Company - raffle tickets will be going on sale in the next few weeks, and all proceeds will go to the Addenbrooke's Charitable Trust.

In order to promote equality, which is at the heart of what my presidential year is about (and something that's important to Ed, too), purchases will be limited to no more than **five per person**, at a fixed price of **£5 per ticket**. This means that everyone has an equal chance, and the winner will only have paid a maximum of £25 in total.

We'll be selling the raffle tickets at all our educational and social events throughout the year from now

on, and we will pull the winning number at our annual dinner in April 2018, at which point I have been given official authorisation to transfer ownership of the gig tickets. Good luck!

RECENT EVENTS

We had some great feedback following our July lunchtime talk by insurance entrepreneur Sam White - CEO and founder of Action365 and Pukka Insure. Sam certainly left us with plenty to think about; for those who missed this event, she has agreed to come back in March next year (more details will follow in due course). We were also lucky to have Beth Cobbold join us to give a short talk about her experiences and how the Addenbrooke's Charitable Trust has helped her. Beth is the reason that I chose ACT as my charity for the year - she is an incredibly brave and fascinating young woman, who clearly made quite an impression on everyone who was there; I received some very touching messages about her afterwards.

Our Summer Networking drinks event was a success. Numbers were slightly lower than originally forecast but there were plenty of new faces and I felt that I had lots of opportunity to interact with everybody. The venue was perfect and the food, delicious! We will definitely be repeating this event and have asked for feedback regarding time and location to make sure it is as accessible as possible to everyone. Although targeted at our young professionals, these events are open to all members and a great way to connect with others in the industry - so if you have any comments, please do let me know.



If you would like to know more about our Young Professionals Group, contact us and we will put you in touch with Jess Addison, who heads up the Ipswich group and will be happy to let you have some information. She's also the subject of this month's 60-second interview, which you can read below.

DON'T FORGET:

Ipswich Regional Conference

There are still some places left for our first ever full day CPD conference, which is being held in Ipswich on the 14th September. Subjects that will be addressed include Driverless Cars, Contentious Claims Issues, Business Interruption, Digital Transformation, and Ethical Hacking and Data Protection - and the day will finish with a talk on 'The Importance of Listening' by former hostage negotiator, Richard Mullender. The conference is open to members and non-members alike. Staff of all levels and professional backgrounds are encouraged to attend the event, which will cover a wide range of topics that will impact their business, from large multinationals to small independent firms. It will also provide superb networking opportunities for professionals from support services to the insurance industry. Lunch is provided. Click [here](#) to book your place.

Annual Dinner – 20th April 2018

Bookings went crazy for our annual dinner last month - and we are nearly at capacity already! We do still have a few tables left, though, and you still have time to take advantage of the early bird ticket price if you place your booking on or before 31st August 2017. Please email me at Johanna.mulley@crawco.co.uk for tickets.

Johanna Mulley
President at the Insurance Institute of Ipswich, Suffolk and North Essex.



****JUST A MINUTE...**b>**



At the age of just 21, Jess Addison is already a senior accounts controller at Willis Re, and three exams away from being fully ACII qualified - so who better to share some thoughts about being a young professional in today's insurance industry?

Q When did you first decide on this career?

A Well actually, I originally wanted to be a vet - until I realised there's no way it could ever happen; I get too attached to animals to be able to cope with seeing them hurt all the time! So then I started thinking about accountancy. When I was 16, though, I went to an employability workshop at Willis - and that's what convinced me I should go for insurance. I hadn't realised before just how varied an industry it is - from the pandas that were transported to Scotland, to the Titanic and the twin towers; whenever something dramatic happens in the world, insurance is involved. I've been lucky enough to go to Lloyd's of London and see the iconic Lutine bell, which rings to commemorate disasters like the London bombings or the death of a member of the Royal Family. Something like that really brings home to you how significant this business is - it makes us part of history.

Q What steps did you take to get where you are today?

A When I was doing my A levels, it seemed as though the school was really only interested in people who were going on to university - they didn't bother much with the rest of us. So I made it happen for myself; at the employability workshop, I got the email address of the guy running it - then contacted him after my AS exams, asking for a placement, which I got. I loved it, and knew straight away that I wanted to apply for the School Leaver Programme. I applied in March 2014, and started in the August.

Q You've been in the profession for less than three years - and are nearly ACII qualified already; how did you find the motivation to study as well as working?

A It's always about balance. I knew that I didn't want to stop studying when I left school - I didn't want to get left behind as everyone else went off to get their degrees. I gave myself three years, because that's how long undergraduates get to complete the course, and I was completely determined to prove that I could do it. Yes, it's been tough at times - there are peaks and troughs at work, but eventually, you do find that balance, and the feeling you get when you complete each exam is so rewarding; it's a huge personal achievement. The one thing I think I definitely managed to do well was not let my work suffer because of my exams; nor vice versa.

Q Has anyone been a particular inspiration in your life so far?

A My first manager was quite influential, I think. He was so supportive, and drummed it into me that I could take it at my own pace, and didn't have to stress. He was quite young to be in a managerial position, too - essentially, I decided I wanted to be him!

Q What are the advantages or disadvantages of being a young professional in this industry?

A It's really nice when people are complimentary; when they realise how experienced I am, and how much knowledge and understanding I have, and say something like, 'But, how can you be so young?' They're not talking about my age because they think I'm some sort of baby, but because they can't believe how much I've achieved already; that level of professional respect feels good.

Q And what about being female? Do you think that affects the way you behave, or are treated, professionally?

A Perhaps at the beginning, a little. I'm 'typically' female in some ways, in that I feel things very deeply, and because I wanted so much to get everything right, I used to become upset when I thought I wasn't giving the best account of myself. But over time, that's changed; you become strong as you get more confidence in your own ability. I know now that I've got nothing to prove. And in fact, our team is quite female-dominated, which is great (although still, for the moment, quite rare).

Q What advice would you give a young person just starting out on this career path?

A Put yourself out there, work hard, and don't let anyone tell you, 'no'. Don't be put off by rejection, and think about all your options. Insurance isn't just cars and houses - there are so many different paths you could take. There will always be something else.

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