

## International Women's Day- Teena Pisarev

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**Teena Pisarev, Chief Executive Officer, Icon SOC, Singapore**



With more than 15 years of management and business development experience in the private health sector, Teena Pisarev has a broad understanding of the emerging trends and challenges facing the health industry. Because of Teena's ability to engage a team and deliver growth, the Icon Group appointed her to lead its first foray into international healthcare as CEO of Icon SOC in Singapore. Her leadership style is simple – happy, engaged clinicians and team result in exceptional patient care. Before that, Teena was CEO of Icon Cancer Care in Australia.

On the occasion of International Women's Day, Teena Pisarev shares her personal side with BioSpectrum-

### **My Daily Routine-**

My day usually starts about 5:30am. I love taking the time in the morning to be with family and get ready for the day ahead. If they are awake, I say good morning to my beautiful family, Max 3, Jordan 14 and husband Danny. If they aren't awake, I check my daily schedule and mentally plan my steps so I'm prepared for the day. Like any other busy working mum, I get the kids ready for school and out the door, perhaps teleconference back to HQ in Australia, put a load of washing on and take the time to eat a healthy breakfast and then get to the office to start a busy day.

### **My idea of fitness and nutrition-**

It is now, previously it was not a focus, and this was not ideal. But as I've grown older I realise that this is the most important aspect of my life. I have commenced training twice a week and changed my entire family's approach to food and am seeing great results. Exercising daily now allows me to de-stress and refocus on what is important for me at this stage in my life.

### **My favourite cuisine-**

I love all food but living in Singapore has allowed me to explore new flavours. I have particularly enjoyed sampling the local treats and have become a real fan of authentic Asian food.

**My favourite holiday destination-**

Bora Bora, where my husband took me on our 10<sup>th</sup> wedding anniversary. It was on my bucket list and it was truly amazing. Otherwise my family, especially the kids are huge Disney fans so anywhere where there is a Disney Park is perfect.

**My idea of balance between personal and professional life-**

You must make time and be able to prioritise. It is not easy and some days I get it right and others I don't. I think taking the guilt out of it and ensuring that you use technology and planning to help you balance your personal and professional life is important. An understanding partner in my case has also helped, as well as having good mentors who have been great role models.