



Ola GOMAA

Ola M. Gomaa is a Professor of Microbial Biotechnology at the Egyptian Atomic Energy Authority. She has been awarded multiple international projects and is a member of international societies. Her main research interest is bioremediation of different pollutants using microbial cells, metabolites or biofilm. In her Newton Mosharafa project, the research team used Microbial fuel cells to treat textile wastewater for re-use as a non-potable water resource. It was through this fund that they approached the industrial sector to add a new dimension to on going research and leverage technical and managerial skill.

LESSONS earned

- 1 PERSISTENCE:**
The key to success is to keep putting in effort. Don't be afraid to fail but ask for feedback to learn, correct it and try again.
 - 2 AGE:**
It is not too late to start learning a new skill, tool or topic. Everyday there is something new, an advanced technology or a new field of work.
 - 3 EXPERIENCE:**
In order to gain experience, you have to accept that it takes time, patience, effort and resilience.
 - 4 BALANCE:**
There are four main pillars in one's life: work, family, health and leisure. It is important to find balance between them and not lean towards one at the expense of the rest.
 - 5 PAUSE:**
Every now and then you have to stop and reflect on what you are doing and where you are going.
 - 6 DIFFERENCES:**
Work with people who share the same work ethics and ambitions as you but interact with different minds to enrich your experience.
 - 7 FORGIVENESS:**
Forgive yourself just as you forgive others. We are human, we make mistakes and as soon as you learn your lesson, forgive yourself and move on.
 - 8 COMPARISONS:**
Don't compare yourself to others, set your own calibre and suitable pace. People are different and to choose the same metrics is doomed to cause frustration.
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