

el Periòdic News

CASUAL PEOPLE

«Sport gives me mental clarity, energy and a sense of fulfillment»

Laura Montero

42 YEARS OLD,
BORN IN ORDINO

Laura Montero was born in Ordino, she is 42 years old and is very passionate about the world of sport.

PER
el Periòdic d'Andorra

Apart from her professional life, which she develops as a management and legal administrative secretary, she is passionate about traveling and dedicates all the time she can to practicing all kinds of sports.

—Laura, what's the best trip you've taken?

—I will do it soon, I reserve the fate for myself.

—What does sport bring to your life?

—Sport for me, apart from physical improvement, gives me mental clarity, energy and a sense of fulfillment.

—Combining work, personal life and sport must be complicated, right?

—No, no. For me, taking care of yourself isn't just about playing



sports, it's about taking care of yourself in all areas. More than a complication it is a pleasure.

You have to take care of yourself first to be able to take care of others.

—What are the sports you practice the most?

—I like to do a bit of everything, skiing, swimming, going out for walks, jogging, yoga, not long ago I started cycling... Although my weakness is reformer Pilates.

This practice promotes muscle toning, improves flexibility, corrects posture, and emphasizes the body-mind connection that increases concentration, reduces stress and promotes relaxation.

—You say you like to walk, what is your favorite place to do it?

—If I had to choose one it would be the Segudet Waterfall, sitting there for a long time I enjoy the tranquility of the landscape and the relaxation of the water.

I recommend everyone to exercise and take care of themselves regularly, to make it a habit. Sport is not only a physical activity, but an integral activity that develops and activates the different dimensions of the human being, the visible and the invisible, and strengthens inner well-being.●

Don't miss any special editions
of **El Periòdic!**

COMPANY

A.C.



Image of Gerard Cadena and Judit Hidalgo at the awards presentation.

The CEA 2024 Awards will be presented on May 14th.

The aim is to recognize the trajectory of the country's companies

ALBA CLADELLAS
ANDORRA LA VELLA

The Andorran Business Confederation (CEA) will present the awards of the fifth edition of the CEA Awards next May 14th, in a ceremony and gala dinner that will take place at the Andorra la Vella Convention Center. This was announced last Wednesday by the president of the CEA, Gerard Cadena, and the director of Andorra Business, Judit Hidalgo, during the presentation of the awards that recognize the business trajectory of the country's companies and reward companies that work with criteria of sustainability and equality, promoting national economic development. A total of 10 prizes will be awarded, one for each of the categories.

1. AWARD FOR BUSINESS CAREER // Companies with more than 25 years of experience.

2. FEDA AWARD FOR SUSTAINABILITY // Companies with internal sustainability processes, which stand out for sustainable management and with a product or service that respects the environment.

3. ANDORRA BUSINESS AWARD FOR INTERNATIONAL EXPOSURE // Companies with holdings in Andorra and with international delegations. Or companies dedicated largely to the export of goods or services.

4. ARI ENTREPRENEURSHIP AND INNOVATION AWARD // Companies with an innovative product or service that has been on the market for at least two years.

5. PRIZE FOR THE INCLUSIVE COMPANY // Companies that facilitate the inclusion of people with disabilities in the ordinary labor market.

6. EQUALITY AWARD // Companies with an implemented equality plan and with an equal presence of women and men in managerial positions.

7. SENIOR MANAGEMENT AWARD // Companies with a significant percentage of workers over 50 and with a high rate of loyalty to the company. It will also be assessed if the company has specific plans for people over 50.

8. SELF-EMPLOYED AND MICRO-ENTERPRISE AWARD // Companies with a maximum of five employees

and with a minimum of three years of experience.

9. PIONEERS OF ANDORRA AWARD // People over 75 who have launched a business project.

10. Recognition Brand Andorra / People or entities (not just companies) that have helped promote our country beyond our borders.

The Andorra Brand Award is one of the most outstanding this year. In this case, it is not chosen by the jury, but by the members of the board of directors through an electronic vote that will soon be sent to all members. The winner of this award last year was the Andorran athlete, Joan Verdú. ●

Your leading real estate agency in Andorra.

Our experience guarantees results, realtors since 1988.



📞 (+376) 353 424 / (+376) 379 769

📞 (+376) 747 747

✉️ laportella@andorra.ad

📍 Casa Nova Olivet 10 · Ordino

🌐 www.laportella.ad