

**Avinoam Hadas a man for all seasons:  
Soldier, Mentor, and Artist**

**The soldier**

Once upon a time, to save Israel, we put on a uniform, plated armor, and steel helmet, signed off on our arms, and rushed to the border. Today, short jeans, a branded t-shirt, and a Kaplan ban in Tel Aviv are enough.



I heard there was a fraternal war, I dressed accordingly (I have no idea but, who is against who..... what do we do?).



Warning to Iranians ("Persians" in their name before marriage): I am on the fence, armed, poisoned! De'er Balack!



The IDF (Israel) operates in Gaza. Eliminating terrorists who hate Israel is a sight to behold!

and.... For those who claim it's only a temporary solution, it's rounding.... Very true, this is the way! Like any crime, terrorism will not disappear forever. Here, for example, the crime of prostitution or drugs or sponsorship fees is difficult to solve in Mecca. You stop the pimps and new ones come. You destroy the import of heroin and import it again. Therefore, criminals/terrorists must be hit every time. Hit again and again and again and again!

They will commit - they will steal a missile from the sky.

This is the reality we live in.



Since forever and I don't know any other way, they tell me to "come" so I come (even if the plane is a little old...)!

## מילים שכדאי לשנן

הסכנה הגדולה של כולנו  
היא לא העובדה שאנחנו מכוונים גבוה  
ומחטיאים,  
אלא שאנחנו מכוונים נמוך וקולעים!



אבינעם הדס מאמן תקשורת

מספר 00166  אימון תקשורת מתבליט

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## מילים שעוזרות להצליח

לפעמים, כדי לראות את האור,  
צריך לצעוד צעד אחד בחושך...



אבינעם הדס מאמן תקשורת

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Nothing we do today is for the present everything we do now is for the future.  
Think before you speak!

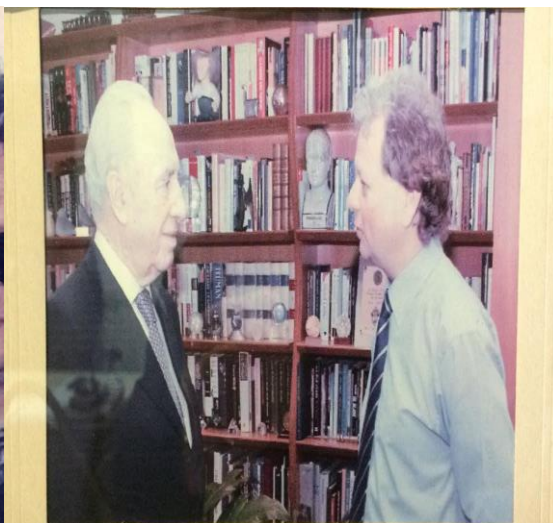


## **A letter to Facebook**

Avinoam Hadas - Public Speaking, Media Training, Presentation Skills & Podcaster.

"This important post is for the Facebook algorithm (and I hope you're listening). I am Avinoam Hadas, from Israel, a business mentor for managers and business owners and a coach for public speaking and preparing for a television show, a coach for presentations and speeches. I like Facebook. Facebook and I have been old friends. I heard a rumor (perhaps slander?) That Facebook algorithm, filters me (God forbid), selects a limited target group, and reveals my beautiful posts and my excellent and fascinating photos and videos, only to this small group. Well, I have a request for Facebook Filter Algorithm, please choose the following members for me: \* Nice and charming people, kind, attentive, and understanding people. \* People who aspire to a successful career, are motivated entrepreneurs to succeed. \* Wise people, advertisers, spokespersons, PR people, salespeople, and marketers, who need

to improve their speaking skills and their speeches. \* Please select managers and business owners, entrepreneurs, and fundraisers who want to improve their presentation skills. \* Young people who need to be directed towards job interviews or managers who need guidance before facing evaluation committees. \* Women and men who need incentives and career advancement. \* Politicians who need training for television appearances and candidates for elections \* as well as diplomats, elected officials, mayors, members of parliament, Knesset members, ministers, prime ministers, and presidents of countries (from Israel, Europe, Africa, America, and the Far East). I will teach them all a lot of talent and invest in knowledge, experience, and everything with a lot of goodwill. I like teaching. With my help, they will have the opportunity to be better managers, succeed in speeches, make wonderful presentations, convince, study, sell, and speak with confidence, assertiveness, success (with pleasure), and satisfaction. Thank you very much from Avinoam Hadas".

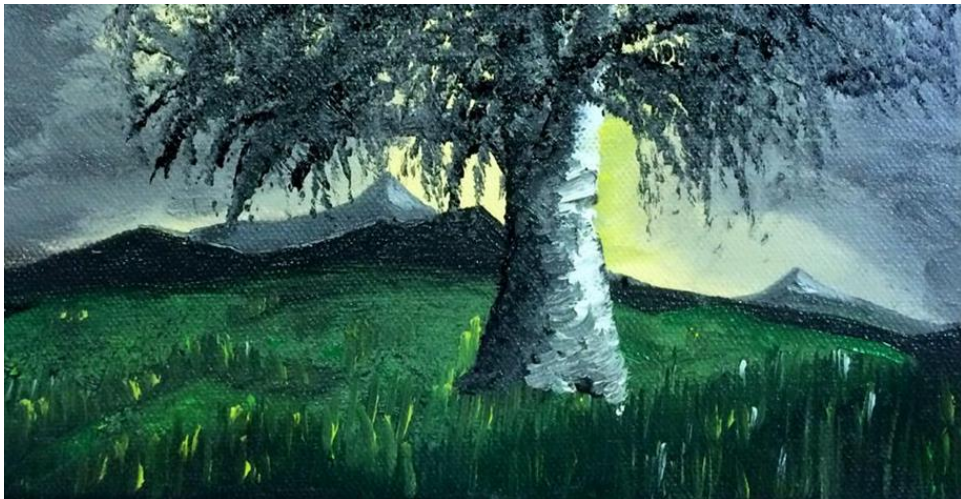


## The Painter

To draw... brushes, a few flashes of color.

Yes to painting. A color palette, time, and desire to create. An imagination that becomes an idea. Paint is applied to the fabric. Here is a drawing. It's so easy to make a dream come true.

To draw. Try it too!





Sometimes, to enter the muse, I pick a random two-color tube, and begin to create on the canvas two or three layers, and as in life, trying to create an object that will lead me forward. That helps me (sometimes) and I can create on the canvas the atmosphere that develops (in my imagination) the next work...

This dry wood and light/dark backgrounds here, give me an idea .... momentum continued (oil on canvas 100x80).





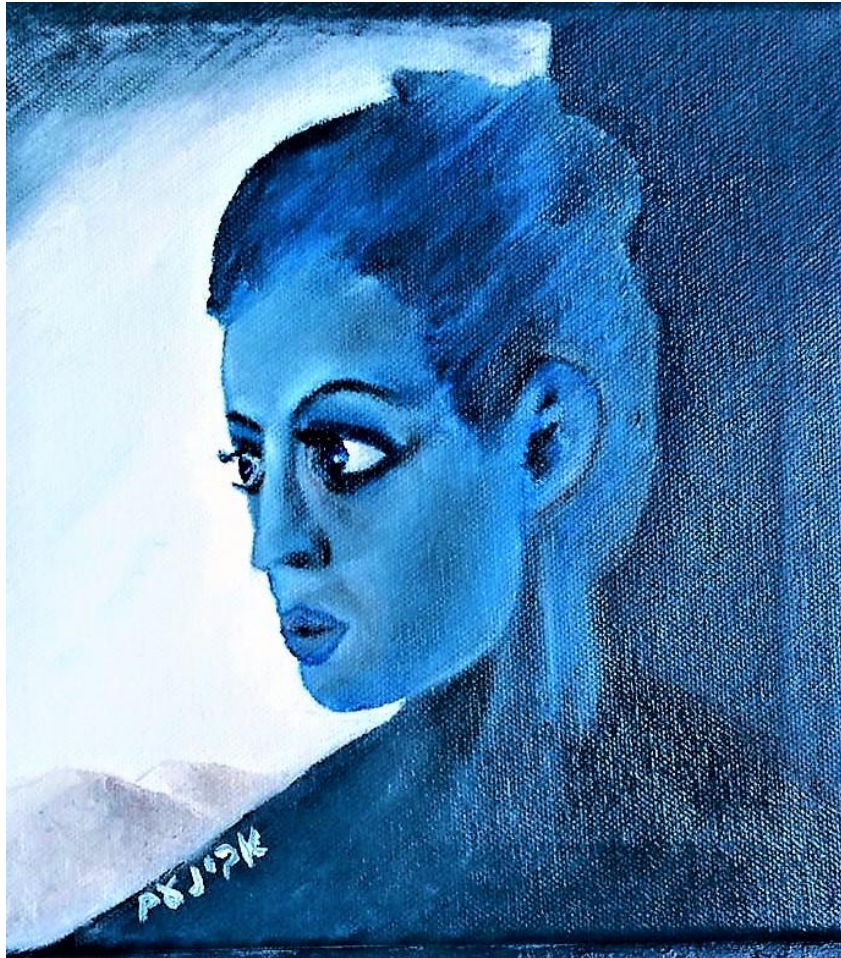
The muse...and I can't believe I'm writing this word...

She brought me to paint in oil colors, blue, black, and white, and with two thin brushes.

And in the white that repeatedly covers the layer of dark blue.

To get a feeling of transparency and delicacy in the beautiful face.

And all on a small canvas (25x25 cm.) so that the coarse fabric stands out in the painting.



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