

INTERVIEW SECO P CHINA

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**International
Women's Day 2025
at Secop Group**

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Interview with Li Binghua (Belinda) - Head of Quality, Secop Tianjin



What is your job in Secop and since when?

I'm Li Binghua (Belinda), and I have been working at Secop for more than 17 years. My current role is Head of Quality in CNS.

How do you feel about working at Secop?

I like the company culture, which respects employees, cares about people, is straightforward, and encourages employees to pursue continuous improvement. We are trained to manage challenges with a positive mindset, believing that finding solutions is the only way.

Working at Secop, I am learning, growing, and being motivated. I consider it my second family.

How do you balance work and personal life?

Balancing work and personal life is essential for maintaining overall well-being and productivity. Below is some of my learning.

We need to accept mentally that work and life cannot be completely separated.

Learning about "time management skills".

Understand why the workload is overwhelming and find solutions to improve it.

Prioritize tasks and plan:

- Identify priorities: Focus on the most important tasks at work and in your personal life.
- Set goals: Begin things earlier, break down larger tasks into smaller, manageable steps. This can help you stay organized and reduce overwhelm.
- Make a schedule: Use a calendar to map out the day. Allocate time for work tasks, personal activities, and breaks. Stick to the schedule as much as possible.

Take breaks and recharge:

- Vacations and time off: Use vacation days and take time off when needed. Trying to disconnect from work for a few days can help you return with renewed energy.

Balancing work and personal life is an ongoing process that requires effort and self-awareness. I am on the way to learning and managing it in a smart way.

What advice would you give to women at work?

- Stay Positive: Maintain a positive attitude, even in challenging times. Positivity can be contagious and can help you build stronger relationships at work.
- Be Confident: Confidence is key. Believe in your abilities and trust yourselves.
- Continuous Learning: Stay curious and committed to learning.
- Women often bring unique leadership qualities, such as empathy and collaboration. Don't shy away from these strengths; they can be your greatest assets.

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