

# GEN-U-IN-TALK

Art & Culture | Issue No. 10

PAN &  
POWER

ECHOES OF  
AFRO-  
CARIBBEAN  
RESILIENCE IN  
STEEL

PAGE 23

MEET THE  
PRODUCER

PAGE 29

*Growth*  
MINDSET

IS A.I.  
FRIEND OR  
FOE?

PAGE 27







# CONTENTS

## **Letter From The Editor**

Page 2

## **Intro**

Page 3

## **Journeys And Evolution: The Road Isn't Straight — But It's Yours**

Page 4

## **The Truth About Growth: Quiet. Messy. Worth It.**

Page 6

## **Body Check: Wellness, Discipline & Self-Respect**

Page 10

## **Authenticity: Be Seen. Be True. Be Free**

Page 12

## **Growth Mindset**

Page 16

## **Epics Shifts: The Top 3 Shockwaves Of 2025**

Page 20

## **Pan & Power. Echoes Of Afro - Caribbean Resilience In Steel**

Page 23

## **Is A.I. Friend or Foe...**

Page 27

## **Meet The Producer**

Page 29

## **Purpose: Grow With Intent**

Page 33

## **The Send Off**

Page 34



# LETTER FROM THE EDITOR

Dear Readers,

It's hard to believe that this is Issue 10 of Gen-U-In Talk—especially in a year that marks five years of creative expression in print.

When Generation Y Dominica launched 12 years ago with a small team and a bold vision, we couldn't have imagined how far we'd come. Yet here we are in 2025, still blazing ahead—one bold issue at a time.

Our magazine continues to grow and resonate, reaching readers in Dominica and across the US, UK, St. Lucia, China, USVI, South America, and beyond—a true sign that our heart-first, shareable content connects.

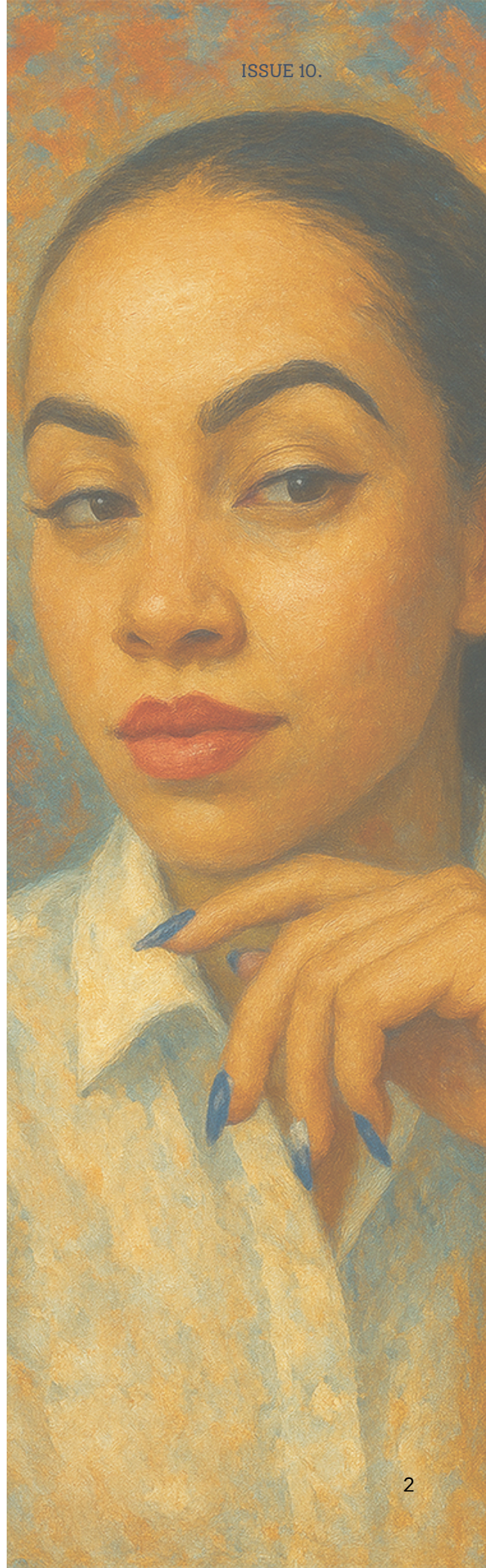
To everyone who has clicked, shared, or flipped through our pages: thank you. You keep us going, while we continue to reflect the voice of a generation growing with purpose. We are also thankful to Andrea Louis, a key member of our team.

Growth is what this issue is all about, offering guidance for the road ahead. Thank you for believing in our mission—to inspire and be inspired by our generation through honest, thoughtful, and empowering publication.

Warmest regards,

*Dilma Bastien*

**Editor-in-Chief**





# INTRO

Have you ever been fascinated by a seedling? One moment it's a tiny seed buried in the earth - unseen and surrounded by darkness. With a gentle touch from Mother Nature, it awakens in the next moment—emerging as a fresh sprout, ready to grow and flourish.

**Dear Gen Y, are you nurturing your own minds?**

*“Your mind is the garden;  
your thoughts are the seeds.  
The harvest can either be  
flowers or weeds.”*

*—William Wordsworth*

In our last issue, ‘Gear Up,’ we urged you to embrace the rapid changes unfolding in today’s world with courage. Since then, how have you evolved over the past year?

For many, 2025 is a year dedicated to cultivating personal growth. If you’re on this exciting path, we’re here to celebrate your achievements. And for those still finding their momentum, get ready to be inspired.

In this issue of Gen-U-In Talk, Generation Y Dominica’s annual e-magazine, we explore how you can keep growing, evolving, and moving forward—powered by the transformative force of a Growth Mindset.

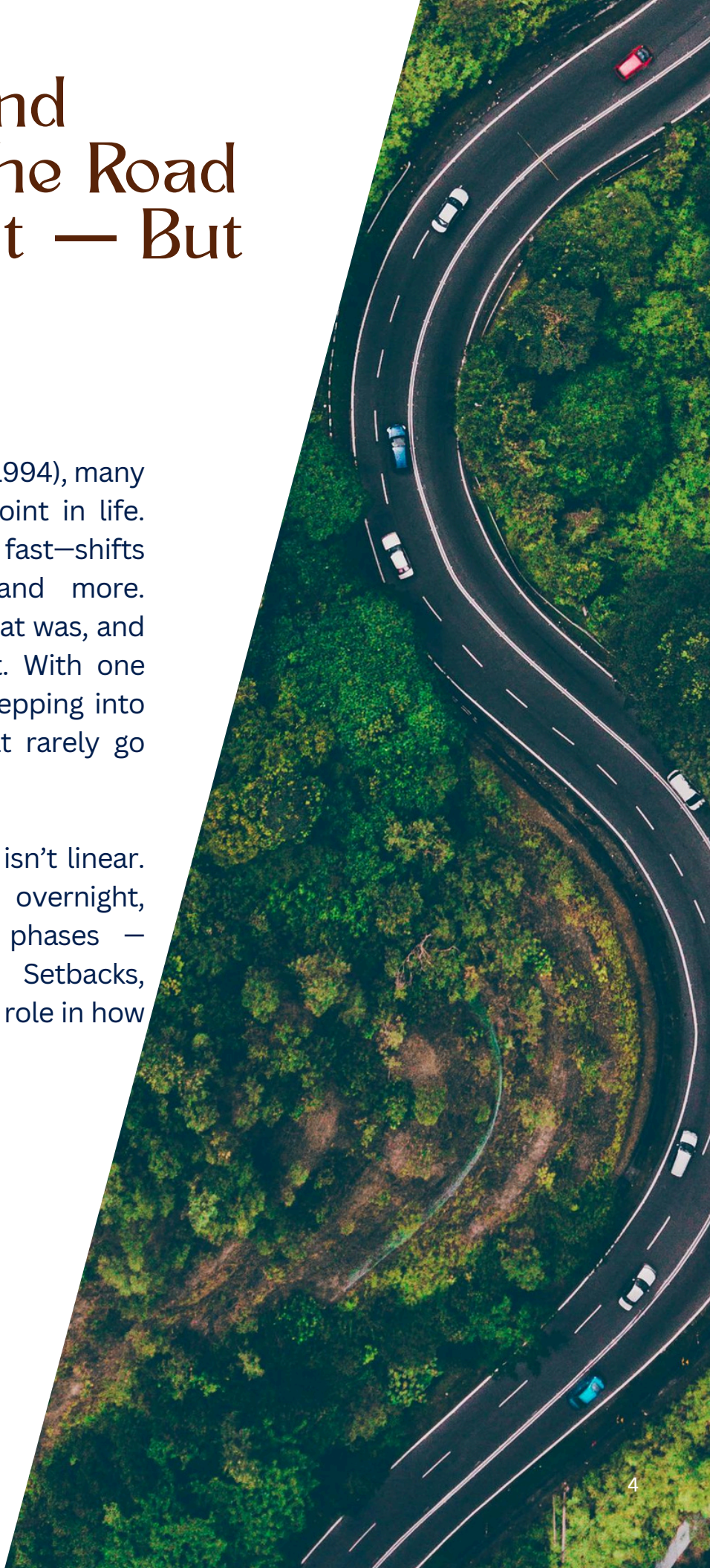
**Change starts from within. Turn the page. The journey starts here.**



# Journeys And Evolution: The Road Isn't Straight — But It's Yours

As members of Generation Y (1980–1994), many of us find ourselves at a unique point in life. We've seen massive changes happen fast—shifts in culture, technology, trends, and more. Basically, we have a solid view of what was, and now we're figuring out what's next. With one foot in experience and the other stepping into possibility, we're walking roads that rarely go straight.

That's the reality of life's journey. It isn't linear. Just like a plant doesn't bloom overnight, neither do we. Life unfolds in phases — sometimes fast, sometimes slow. Setbacks, reroutes, pauses, and leaps all play a role in how we evolve.







As with any meaningful journey, reflection is essential. Taking time to assess where you are means more than just hitting pause — it involves honestly examining what's working in your life, and what isn't. This kind of check-in creates space for intentional growth, rather than passive movement. Ask yourself: What choices have brought me here? What habits or mindsets have served me — and what needs pruning or release? These aren't quick questions, but they're necessary ones. Turning inward with honesty is how we begin to understand not just our direction, but our deeper alignment with the path we're walking.

**But not everyone feels ready to reflect—and that's perfectly okay.**

**If you're unsure where to start, here are a few gentle steps that can help create the mood:**

**1. Carve out quiet**

Even just five minutes without screens or noise can help you tune in to yourself.

**2. Tune into your emotions**

Pause and ask: What am I really feeling today? Naming it is the first step.

**3. Write it out**

Journaling a single honest sentence a day can reveal patterns over time.

**4. Track energy, not just time**

Notice what leaves you drained versus what helps you feel restored.

**5. Spend time in nature**

Even a short walk or sit outdoors can calm your mind and bring things into focus.

These aren't productivity hacks. They're awareness tools — gentle ways to reconnect with yourself. Because no matter how winding your path has been, it holds lessons. And most importantly, it holds you — evolving, learning, and becoming. The road of life may twist and turn, but every step teaches you something valuable.



# THE TRUTH GROWTH

# ABOUT

QUIET, MESSY, WORTH IT





# THE TRUTH ABOUT GROWTH

Time keeps moving—whether we rise to the occasion or not—but growth doesn't happen automatically along the way.

Let's be real: when most people talk about growth, they make it sound like this smooth, glowing journey — all breakthroughs, glowing skin, and well-lit Instagram posts.

Here's the real tea: growth is awkward. It's messy, uncomfortable, and sometimes even painful- full of flops, facepalms, and uncomfortable ah-ha moments. But it's also amazing. Not in a perfect, straight-line kind of way. But in the way a puzzle finally comes together — slowly, piece by piece.

And the wildest part? Most of the time, you don't even realize it's happening. Growth doesn't always come with big breakthroughs — sometimes it's in the pause before you react, the way you gently try again after falling short, or the quiet choice to show up differently, even when no one's watching. It creeps in slowly, reshaping how you think, how you feel, how you move through the world. And when you step back, you start to see it: this whole becoming thing? It's not some straight path — it's more like a game. One with unexpected turns, strange detours, and small wins that add up in surprising ways.

**So, let's switch things up.**



# Leveling Up

## Growth as a board game

**Imagine if growth was a board game** — one of those big ones with twisty rules, surprise cards, and a mix of luck, strategy, and chaos.

**Here's what the journey might look like:**

● **START HERE:** The “I Want Better” Square

Every game starts with a decision. Yours? You want more — peace, purpose, confidence. You roll the dice... and off you go.

🔄 **Chance Card:** “Oops, You Overcommitted Again”

Go back 2 spaces.

Lesson: Saying yes to everything is not a flex. Growth means learning to say no — even when it feels scary.

🚧 **Obstacle Ahead:** Imposter Syndrome

You land here a lot. It whispers that you're not enough. But if you sit with it and keep going, it starts to lose its power.

zZ **Mini-Win:** You Chose Rest Instead of Burnout

Collect +3 Clarity Tokens.

You're learning that growth isn't just hustle — sometimes it's knowing when to pause

🪞 **Mystery Tile:** Unexpected Mirror Moment

Someone triggers you. Instead of snapping, you ask why. Self-awareness unlocked.

💥 **Plot Twist:** You Fail Publicly

Everyone saw. It sucked. But guess what? You didn't die. You grew thicker skin, better strategy, and a story to tell. Move ahead 4 spaces.

🧠 **Mindset Upgrade:** Fixed vs. Growth Mode

You could say “I can't do this”... or you could say “I can't do this yet.” That little word? Game-changer.



## 🔥 **Boss Level:** You Hold Yourself Accountable

No more blaming or ghosting your goals. You face what's not working — and take a step forward. That's real power.

## 🏁 **Final Space:** You're Still Becoming

Surprise — there's no finish line. Just new levels. New lessons. New versions of you that keep unfolding.

So if you've been feeling stuck, slow, or like you're the only one fumbling through — you're not alone. We're all navigating our own versions of this game, with different rules, reroutes, and resets. It's not about how fast you level up, but that you keep showing up and rolling the dice.

Let curiosity lead you, not shame. Keep moving, even when the story takes a turn. Celebrate the small wins like they're the grand prize.

Because growth — the real kind, the deep, quietly powerful kind — doesn't always look epic on the outside. But inside?

**It's the most meaningful game you'll ever play.**



# Body Check:

## WELLNESS, DISCIPLINE & SELF-RESPECT

*Because taking care of your body is deeper than just looking good.*

If we truly want to operate at our best, caring for our body must be high on the priority list. Even without a hardcore fitness routine, meaningful progress happens in the quiet, consistent choices — like drinking more water, skipping the extra plate, or putting your phone down and going for a walk.

As Generation Y matures, we're realizing that real success includes how we treat our bodies — not just what we achieve. Yes, fitness and maintaining proper nutrition matters. Energy levels, immune strength, and mental clarity all improve when we take care of ourselves. But there's also a deeper layer: when we manage our health, we protect the people who love us. We lighten the load — physically and emotionally — by reducing the chances that they'll have to care for us down the line.

Discipline, too, plays a big role. It's not just about routines — it's about managing habits that can quietly steal our wellness. Overeating, lack of rest, or even unchecked indulgence in lust or distractions — they all take a toll over time. Learning to pause, reflect, and choose wisely is part of growing up. Your body is your vehicle, treat it well.





# And then there's self- respect

Often overlooked, self-respect is a cornerstone of true wellness. Remaining stuck in unhealthy emotional and mental cycles is a literal drag. Choosing self-respect means choosing what strengthens you mentally and emotionally, while consciously refusing what doesn't. It's the courage to say no, the wisdom to set boundaries that protect your peace, and the discipline to stay balanced, even when it becomes challenging.

This wellness reality check may feel overwhelming, but it only takes one step at a time, at your own pace. You don't need to chase perfection — but you do owe yourself intentional care. After all, life is best lived when your mind, body, and spirit are in harmony.







# Authenticity

Be Seen. Be True.  
Be Free

*As told by an authenticity advocate*

A gentle reminder  
that freedom  
begins where  
pretending ends.



# AUTHENTICITY

The most important part of developing a growth mindset isn't just about achieving more—it's realizing that who you become in the process is actually who you were always meant to be. That's the magic. Growth doesn't manufacture your identity; it reveals it. And at the center of that revelation lies authenticity.

Being authentic is true freedom.

To live without shrinking, editing, or dimming who you are—that's the loophole. It's not about escaping the system; it's about choosing not to be confined by it. It's the realization that the version of you that plays small to make others comfortable isn't the one you were born to be ~ **Vibes Only!**

The more aligned you are with your truth, the more your world reshapes itself around that alignment. You begin to attract people who actually see you, not just the version you performed. Your circles shift. Your connections deepen.

You stop begging for belonging, because you've already found it within yourself.

And here's the part most people miss: Authenticity has rhythm.

There's a natural pace, a unique beat, a personal flow that rises when you start living in tune with who you really are. Life begins to feel less forced. Decisions get clearer. The noise quiets. You stop chasing timelines that were never meant for you. Being authentic isn't just a cute slogan or aesthetic. It's the courage to stop pretending. And the clarity to never start again. Be seen. Be true. Be free. You've always had permission.

# NO MORE SECRETS

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# I Can't Adult Today

"IF NOT TODAY,  
THEN WHEN?"

It's not you , it's your mindset.



# GROWTH MINDSET



**Ever wonder why some people seem to turn setbacks into comebacks and challenges into stepping stones?**

They're not lucky—they've simply learned to see growth where others see limits. It's difficult however, to hit those milestones while still stuck in older thinking patterns.

Growing up is tough—just ask Peter Pan (JK). But it's not only essential, it is the great compass—guiding us through uncertainty, pointing us toward balance, purpose, and ultimately, the mindset that helps us keep moving forward: a growth mindset - the belief that our abilities, intelligence, and potential aren't fixed and can be developed through effort, learning, and persistence.

When you nurture this mindset, resilience builds. You become more adaptable, more willing to learn, and less afraid of starting over. Instead of asking, "Can I?" you start asking, "How can I?"—and that single shift changes everything.



Moreover, it's bigger than just you. As a generation, we're carrying new layers of responsibility: careers to build, families to care for, communities to support, and futures to shape. To handle it all in a balanced way, we need to keep evolving—individually and collectively. Developing a growth mindset is a sure way to do that. It teaches us to tailor our lives intentionally and facing challenges with clarity.

When one person grows, it inspires another. And another. Before long, we're not just improving our own lives—we're shaping a culture that thrives on progress instead of fear. Growth isn't about perfection—it's about showing up, learning, and trying again. Each small step adds up, shaping not just stronger individuals, but a generation ready to rise.

Ready to make it real?

**Here are 10 practical steps to developing a growth mindset in today's modern world:**



# 10 PRACTICAL STEPS TO DEVELOPING A GROWTH MINDSET

## 1 EMBRACE CHALLENGES

See obstacles as opportunities to stretch yourself and discover what you're truly capable of.

## 2 REFRAME FAILURE AS FEEDBACK

Mistakes aren't the end—they're information pointing you toward what to try next.

## 3 REPLACE "I CAN'T" WITH "I CAN LEARN"

Language shapes mindset. Swap doubt for curiosity and possibility.

## 4 FOCUS ON THE PROCESS, NOT JUST THE OUTCOME

Appreciate the small steps and daily progress—they're what lead to lasting success.





5

## STAY CURIOUS

Ask questions, explore new ideas, and stay open to learning beyond your comfort zone.

6

## SURROUND YOURSELF WITH GROWTH-ORIENTED PEOPLE

Energy is contagious—spend time with those who inspire and challenge you to grow.

7

## PRACTICE SELF-COMPASSION

Growth takes time. Give yourself grace when things don't happen overnight.

8

## CULTIVATE RESILIENCE

Train your mind to recover quickly, adapt, and keep moving forward.

9

## CELEBRATE SMALL WINS

Recognizing progress, even in tiny doses, builds momentum and confidence.

10

## KEEP LEARNING, ALWAYS

Read, listen, explore, and practice new skills

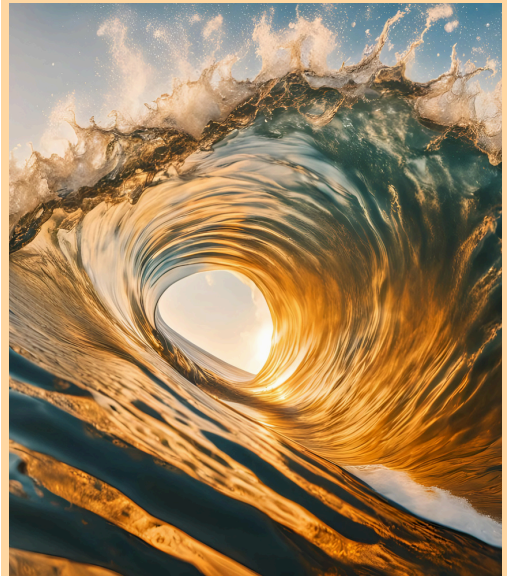
# EPIC SHIFTS

## 2025

### THE TOP 3 SHOCK WAVES

The year 2025 isn't just moving forward—it's shaking the ground beneath our feet. Across technology, culture, and the global stage, changes are hitting with seismic force, reshaping the way we live, work, and connect. These aren't passing fads; they're transformative shockwaves, altering the very fabric of our reality.

Here are Gen Y's top 3 shockwaves that are already redefining and changing things up as we know it.





# 1. DOMINICA HOSTS ITS FIRST INAUGURAL CANNABIS SYMPOSIUM

On July 9–10, 2025, the Commonwealth of Dominica turned a new page in its history, hosting its first-ever Cannabis Symposium at the State House Conference Centre. Bringing together the Rastafarian community, government leaders, and key industry stakeholders, this landmark gathering sparked meaningful dialogue on cannabis legalization—an idea almost unthinkable just five decades ago, when the Dread Act of 1974 cast a shadow over the island. Today, a new generation stands energized and optimistic, watching closely at the possibilities to unfold.

## 2. GREEN ENERGY FINALLY GOES NEXT-LEVEL



We were initially a bit cynical about whether world powers would truly commit to the climate goals set at COP28. Yet, 2025 proved that real change is not only possible but already underway in the global battle against climate change. Countries like Finland, Uruguay, and Portugal surpassed expectations by reaching net-zero emissions earlier than planned. Meanwhile, Australia and South Korea launched ambitious clean energy projects that are transforming their energy landscapes. Climate action in 2025 demonstrated that sustainable progress is achievable.

# 3.

## THE 4-DAY WORK WEEK BECOMES A REALITY

Finally, in our lineup of game changers: the four-day workweek has officially stepped out of the realm of imagination and into reality.

Once a dreamy workplace concept, it's now a proven model. Trials in Iceland (2015–2019) led to 86% of the workforce shifting to shorter hours. Microsoft Japan reported a 40% productivity boost and Belgium passed laws supporting the model. In 2022, the UK ran the world's largest pilot—92% of companies kept the new schedule.

In 2025, Japan and Poland took bold steps to challenge the traditional workweek. In April, Japan rolled out a four-day schedule option for government employees in Tokyo, part of its ongoing “work-style reform” aimed at easing its famously intense work culture while addressing demographic pressures. Poland followed in July with a nationwide pilot, introducing a 35-hour workweek across various organizations without cutting salaries. Together, these initiatives underscored how two very different countries embraced shorter work schedules as a way to balance productivity with quality of life.

The four-day week is no longer just a trend—it's a global shift reshaping the future of work.





# PAN & POWER

## *Echoes*

*OF CARIBBEAN RESILLIENCE IN STEEL*







# PAN & POWER

Growth often emerges in the most unlikely places — in the cracks of hardship, in the face of limitation, and in the determination to create beauty where none seems possible. Few symbols capture this spirit more vividly than the steel pan. Emerging in Trinidad and Tobago during the early 20th century, the pan was crafted in backyards and street corners, first from bamboo, biscuit tins, and discarded metal, and later from oil drums left behind during World War II. Out of scraps came symphonies, and from restriction bloomed resistance.

In colonial times, African drumming and public gatherings were restricted, seen by authorities as potential sparks of rebellion. Yet, music could not be muted. Communities responded with ingenuity, first turning to bamboo sticks (tamboo bamboo), then to tins, cans, and eventually the oil drums left in the wake of World War II. Out of imposed silence came invention. Out of constraint came creativity. And from the margins of society emerged an instrument now celebrated worldwide as both a cultural treasure and a triumph of the human spirit.



What began in marginalized communities eventually became the pride of a nation. By the mid-20th century, the steel pan had moved from street clashes and underground gatherings to concert stages and international festivals. Its evolution mirrored the Caribbean journey itself – from colonization to self-expression, from suppression to recognition. Today, it stands as the only acoustic instrument invented in the 20th century, a UNESCO-recognized treasure, and a living emblem of Caribbean creativity.

Now, the pan's story extends beyond music. It is taught in schools, performed in orchestras, and embraced in cultural diplomacy. Its rhythms echo not just at Carnival in Port of Spain, but across Europe, North America, and Asia.

## PAN IN HARMONY

### *11 Years and Counting*

Dominica boasts its own rich steelpan heritage, one that has shaped carnival celebrations and musical culture for decades.

For those who remember, there was a time when Dominica was home to several celebrated steel bands, including Fanta Pan, Chocolate Country Steel Orchestra, and D Special. In the 1970s and 1980s, the sight of scores of musicians pushing pans through the streets, filling the air with rhythm and melody, was an integral part of carnival culture – a living, breathing testament to the island's creative spirit.

Today, however, such scenes are rarer. Many of the large bands have faded over time, and efforts to revive steelpan culture across the island have faced significant challenges. Financing, resources, waning interest, and natural disasters have all taken their toll. Though it may appear that steelpan culture in Dominica has faced decline, one band is keeping the flame alive.

Pan In Harmony, Dominica's premier steel orchestra, has spent over a decade breaking barriers and keeping the island's steelpan tradition alive. Founded in 2014 by Jacqueline Andre, daughter of the late Edward 'Eddie' Andre—a legendary steel pan player and arranger—the orchestra began as a tribute concert uniting young musicians from Brizees Pan Symphony, Genesis Steel Orchestra, and NBD Possie Culture Pan. From that first gathering, their mission was clear: to ensure steelpan music thrives year-round, not just during Carnival.

P.I.H performs a wide repertoire spanning classical, cultural, and contemporary pieces, as well as popular genres like Reggae, Zouk, and Soca. The orchestra supports both senior and junior ensembles, offering regular practice, workshops, and public performances. Creative direction from in-house arrangers Dan Pious Jno. Baptiste, Amanda Lawrence, Vernandra Christian, and Deighton Voliere keeps their performances fresh and engaging.

Pan In Harmony has performed widely, including annual concerts such as their tenth anniversary in May 2024 honoring Edward 'Eddie' Andre, and gained international exposure in a 2020 virtual pan event with 691 players from 23 countries. Regionally, they've played at conferences, ecclesiastical events, and high-profile receptions, including one for Olympic gold medalist Thea Lafond-Gadson, and earned a Special Recognition Award at the 2023 Golden Drum Awards. Committed to preserving steelpan music, they continue to engage Dominicans of all ages, ensuring the tradition thrives for future generations.



Members of Pan In Harmony | Photo credit: Charles Louis Photography



# IS A.I. FRIEND OR FOE?



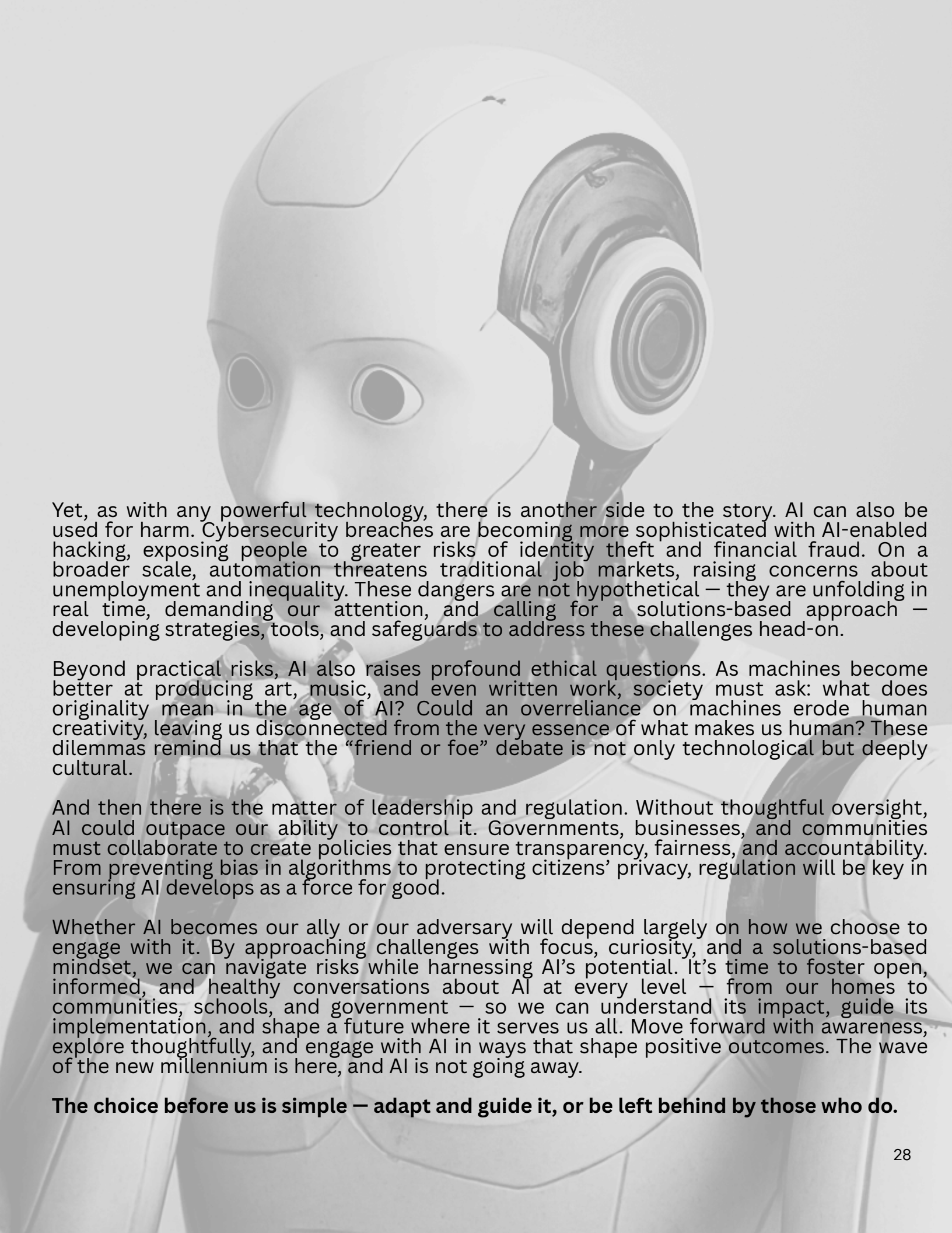
**IT'S TIME TO DECIDE**

Artificial Intelligence (AI) is no longer just a futuristic concept; it's here, shaping the way we live, work, and think. At its core, AI is powered by machine learning – systems designed to analyze patterns, process information, and adapt based on data. These systems “learn” over time, which allows them to predict outcomes, automate tasks, and even simulate aspects of human reasoning.

In simpler terms, AI is like teaching a computer how to think by showing it examples. Just as a child learns to recognize a dog after seeing a few, AI learns by being exposed to massive amounts of information. The more it “sees,” the smarter and more accurate it becomes at spotting patterns, making predictions, and even offering advice.

Already, AI is reshaping industries and influencing daily life in profound ways. For instance, AI-powered diagnostic tools are now helping doctors detect diseases like cancer earlier and more accurately. At the same time, generative AI platforms such as ChatGPT, MidJourney, and DALL·E are redefining creativity, enabling people to write articles, compose music, design graphics, and even brainstorm business strategies in ways once thought impossible.

Used well, AI can be a powerful tool for progress. It makes everyday life easier and more efficient, from apps that translate languages in real time to chatbots that assist businesses with customer service. It can also bring clarity to how we navigate the world around us. With its ability to analyze vast amounts of data, AI sharpens weather prediction models that help nations prepare for hurricanes and other natural disasters. Just as importantly, it helps us navigate ourselves. From personalized health apps that track nutrition and exercise to platforms that offer guidance on mental wellness and sustainable living, AI clears the fog and allows us to make better choices for our bodies, our minds, and our environment. This kind of clarity has the potential to create a more informed and resilient society – one that makes decisions rooted in knowledge rather than guesswork.



Yet, as with any powerful technology, there is another side to the story. AI can also be used for harm. Cybersecurity breaches are becoming more sophisticated with AI-enabled hacking, exposing people to greater risks of identity theft and financial fraud. On a broader scale, automation threatens traditional job markets, raising concerns about unemployment and inequality. These dangers are not hypothetical — they are unfolding in real time, demanding our attention, and calling for a solutions-based approach — developing strategies, tools, and safeguards to address these challenges head-on.

Beyond practical risks, AI also raises profound ethical questions. As machines become better at producing art, music, and even written work, society must ask: what does originality mean in the age of AI? Could an overreliance on machines erode human creativity, leaving us disconnected from the very essence of what makes us human? These dilemmas remind us that the “friend or foe” debate is not only technological but deeply cultural.

And then there is the matter of leadership and regulation. Without thoughtful oversight, AI could outpace our ability to control it. Governments, businesses, and communities must collaborate to create policies that ensure transparency, fairness, and accountability. From preventing bias in algorithms to protecting citizens’ privacy, regulation will be key in ensuring AI develops as a force for good.

Whether AI becomes our ally or our adversary will depend largely on how we choose to engage with it. By approaching challenges with focus, curiosity, and a solutions-based mindset, we can navigate risks while harnessing AI’s potential. It’s time to foster open, informed, and healthy conversations about AI at every level — from our homes to communities, schools, and government — so we can understand its impact, guide its implementation, and shape a future where it serves us all. Move forward with awareness, explore thoughtfully, and engage with AI in ways that shape positive outcomes. The wave of the new millennium is here, and AI is not going away.

**The choice before us is simple — adapt and guide it, or be left behind by those who do.**



# MEET THE PRODUCER





# FEATURING

## ProducerDlo

*Generation Y Dominica continues to celebrate the artists and producers dedicated to raising the bar for Dominica's music scene in our 'Meet the Producer', segment.*

*In this feature, we shine a spotlight on ProducerDlo —a well-known name in music production. Perfectly aligned with this issue's theme of growth and evolution, we take you behind the beats to meet the producer shaping some of the hottest sounds.*



# MEET THE PRODUCER INTERVIEW

**Generation Y Dominica:** Thank you for joining us. Your career path has been so inspirational to many upcoming producers and videographers. Can you tell us about your journey into music production? What inspired you to pursue this career?

**ProducerDlo:** My Journey started in secondary school. My father used to tell me about his young days as a singer and stage performer. "Mr. Pitiful". Almost every day - old school soul & reggae echoed through my home. Around that time PCs were just becoming a bigger thing and the hip hop era with guys like soulja boy, timbaland, swizz beatz etc. was the hot topic for me. The first beat I ever made was a remake of crank dat - Soulja boy on fruity loops 5. After learning a little bit more about fruity loops from experimenting and youtube tutorials (didn't have much at the time) I started making bouyon riddims with Nigel Brewster and eventually after my father saw my interest in music, he bought me a 64 key portable keyboard. In secondary school I also sold my first beat to Triszy and knew at time that my work had some value. I vividly remember one career day when I showed up in a fresh fit with big headphones because from then I knew I would want to be a Producer. In college I made a soundclick and built a website to sell beats online and after selling three beats, made enough to purchase Studio Speakers (krk rokit 6 g3), an interface and a mic (blue bluebird). With these tools I learnt the fundamentals of recording and mixing through experimenting, watching youtube videos and learning from other producers. Passion has always been a driving force and my love for music grew deeper and deeper over the years.

**Generation Y Dominica:** How would you describe your signature sound or style as a producer?

**ProducerDlo:** I don't have a signature sound but I would say my preferred style of music is something with a bounce and hard hitting drums.

**Generation Y Dominica:** What artists or genres have influenced your work the most, and how do they shape your creative process?

**ProducerDlo:** Each genre has their respective artists/producers that I lean towards for inspiration, but fundamentally, the top 3 music influences for me would be Kanye West, Rvssian, Timbaland.



@ProducerDlo

**Generation Y Dominica:** What popular artists have you worked with both locally and internationally? Can you name a few?

**ProducerDlo:** Internationally I've worked with Tarrus Riley, Bugle, Beres Hammond, Popcaan, Jahmiel, Bounty killer, Jahshii, Laa Lee, Tevin Hartman and locally SUPALYNE, Shelly, Trilla-G, GYZ, Diyoute, Sledge Hammah, ColtonT to name a few.

**Generation Y Dominica:** What is the biggest challenge you've faced and overcome so far in your career, and what can you share with upcoming producers to help them overcome this?

**ProducerDlo:** One of my biggest challenges has been learning how to maximize returns in the music business. I am still working toward excellence in that area, but in an ever-evolving industry I can say upcoming producers should educate themselves on the fundamentals of the music business and do the work necessary to guarantee a sustainable career.

**Generation Y Dominica:** This issue celebrates the power of a growth mindset, and we've watched your journey unfold on your public profiles. Looking ahead, where do you see yourself in the next five years, and what mark do you hope to leave on the music world?

**ProducerDlo:** In 5 years I see myself as a well-known, high valued multimedia producer within the region. I hope to forge collaborations and contribute to major projects within the music and video industry.

**Generation Y Dominica:** What advice would you give to aspiring producers who are trying to break into the industry?

**ProducerDlo:** Do your own research, learn the fundamentals. Build a proper foundation and work hard consistently, anything is possible.

**Generation Y Dominica:** Thank you ProducerDlo for joining us for a Generation Y Dominica interview. Your work continues to inspire our generation.



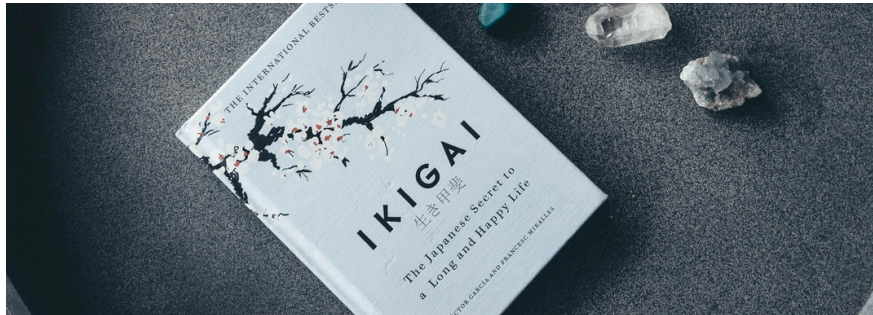


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# PURPOSE

GROWTH WITH INTENT

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## **“IKIGAI IS THE REASON YOU GET UP IN THE MORNING.” – JAPANESE PROVERB**

Purpose is what gives life direction. It’s the reason we set goals, take risks, and push forward even when things get tough. It doesn’t always reveal itself in a single moment – sometimes it unfolds gradually, shaped by experiences, values, and the lessons we learn along the way.

In many cultures, purpose is tied to longevity and fulfillment. In Japan, for example, there’s a philosophy known as ikigai, which translates loosely to “a reason for being.” Ikigai blends passion, vocation, profession, and mission. It suggests that when what you love, what you’re good at, what the world needs, and what you can be paid for all meet, you discover a powerful sense of balance and drive. People who live with ikigai are said to live longer, healthier, and more content lives.

But purpose doesn’t need to be grand or global. For some, it’s as simple as nurturing children with love, starting a small business that serves the community, or committing to personal growth day by day. What matters is intentionality. That’s where the growth mindset comes in.

A growth mindset believes that challenges are opportunities, failures are lessons, and skills can be developed with effort. When we apply this mindset to our sense of purpose, we begin to fuel it with action. Instead of waiting for purpose to “find us,” we cultivate it – through reflection, resilience, and small but meaningful steps.

Purpose without growth can feel stagnant. Growth without purpose can feel directionless. But when the two come together, life has a rhythm of progress, joy, and fulfillment. When growth fuels purpose, life stops being accidental and starts being meaningful.

# THE *Send Us*

Thank you for joining us on this journey to explore and develop a growth mindset. As we close our 10th issue, this one feels especially personal. Over the years since Gen-U-In-Talk first began, we too have been growing, learning, and shaping our content — and this milestone is a reminder of just how far we've come together.

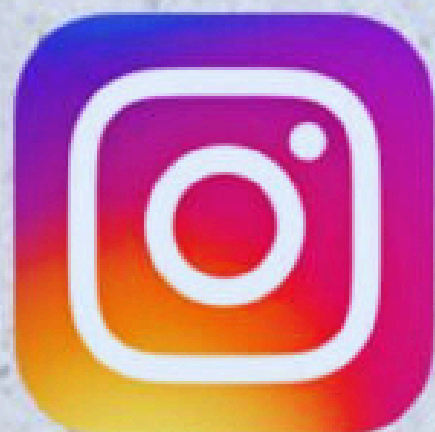
If there's one truth we want you to carry with you, it's this: growth is not meant to be a constant struggle. It's not about perfection or comparison. Growth, when embraced intentionally, becomes a dance with life — a rhythm that allows you to move forward with purpose and joy, even through challenges.

The insights shared across these pages are not a rigid formula or a checklist. They're an invitation. Some lessons may speak to you now, others later. Take what you need, leave what doesn't fit, and grow forward in your own way.

As Generation Y, we know what it means to navigate change, to juggle expectations, and to carve out space for authenticity in a noisy world. Let this issue be a reminder that growth is not something that happens by accident. It's something you choose, nurture, and live with intent.

Here's to moving forward — with courage, with clarity, and with a growth mindset that turns every season into an opportunity.





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