

Lion Today

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OPENING OF PARKSON EVO MALL



- ▶ Hogan Bakery @ Cheras Leisure Mall
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- ▶ Briefing for Scholarships Applicants
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Parkson's Iftar Ramadan With Senior Citizens

OPENING OF PARKSON EVO MALL,



- ▶ From left to right: Mr Cheong Tuck Yee, Mr Fang Teck Cheong, Mr Lim Wee Luen, Puan Hajah Zawiah Binti Mohd Thani, Tuan Haji Lokman Abdul Kadir, Mr Michael Remsen, Ms Natalie Cheng, Ms Adeline Wong, Mr Toh Tian Seng and Encik Faizim Edzal Bin Yaacob at the opening of Parkson Evo Mall.
- ▶ *Dari kiri ke kanan: Encik Cheong Tuck Yee, Encik Fang Teck Cheong, Encik Lim Wee Luen, Puan Hajah Zawiah Binti Mohd Thani, Tuan Haji Lokman Abdul Kadir, Encik Michael Remsen, Cik Natalie Cheng, Cik Adeline Wong, Encik Toh Tian Seng dan Encik Faizim Edzal Bin Yaacob di majlis pembukaan Parkson Evo Mall.*



- ▶ Mr Michael Remsen (right) accompanying Tuan Haji Lokman Abdul Kadir (center) and Puan Hajah Zawiah Binti Mohd Thani (left) on the store tour.
- ▶ *Encik Michael Remsen (kanan) mengiringi Tuan Haji Lokman Abdul Kadir (tengah) dan Puan Hajah Zawiah Binti Mohd Thani (kiri) melawat sekitar stor.*



THE NEW SHOPPING DESTINATION

Parkson opened its 44th store in Malaysia, Parkson Evo Mall at Bandar Baru Bangi in Selangor on 25 May 2018.

Parkson Retail Asia CEO, Mr Michael Remsen; Parkson Holdings Bhd Executive Director, Ms Natalie Cheng; PKNS Director, Tuan Haji Lokman Abdul Kadir; PKNS General Manager, Puan Hajah Zawiah Binti Mohd Thani; Parkson GM - Merchandising, Ms Adeline Wong; GM - Property, Mr Cheong Tuck Yee; Assistant GMs - Operations, Mr Fang Teck Cheong and Mr Lim Wee Luen; Regional Manager - Klang Valley, Mr Toh Tian Seng and Parkson Evo Mall Store Manager, Encik Faizim Edzal Bin Yaacob

officialiated the store opening.

The 83,163 sq ft store offers customers a fun and entertaining shopping experience in a family-friendly environment with a play area for the kids to enjoy while their parents shop with ease, and a spacious baby room for parents who need some privacy with their babies.

Apart from its convenient and attractive internal navigation, the store carries a good selection of fashion apparel from traditional wear to business and casual wear and shoes for men and women, handbags, cosmetics, baby & children's products and household merchandise.

PEMBUKAAN PARKSON EVO MALL, DESTINASI MEMBELI-BELAH BARU

Parkson membuka stor ke-44 di Malaysia, Parkson Evo Mall di Bandar Baru Bangi di Selangor pada 25 Mei 2018.

Ketua Pegawai Eksekutif Parkson Retail Asia, Encik Michael Remsen; Pengarah Eksekutif Parkson Holdings Bhd, Cik Natalie Cheng; Pengarah PKNS, Tuan Haji Lokman Abdul Kadir; Pengurus Besar PKNS, Puan Hajah Zawiah Binti Mohd Thani; Pengurus Besar Parkson – Pembarangan, Cik Adeline Wong; Pengurus Besar - Hartanah, Encik Cheong Tuck Yee; Penolong Pengurus Besar - Operasi, Encik Fang Teck Cheong dan Encik Lim Wee Luen; Pengurus Wilayah - Lembah Klang, Encik Toh Tian Seng dan Pengurus Parkson Evo Mall, Encik Faizim Edzal Bin Yaacob merasmikan

pembukaan stor.

Stor seluas 83,163 kaki persegi yang mesra keluarga ini menawarkan pengalaman membeli-belah yang menyeronokkan dan menghiburkan, dilengkapi dengan kemudahan ruang bermain untuk anak-anak sementara ibu bapa mereka berbelanja, dan bilik bayi yang luas untuk ibu bapa yang memerlukan privasi bersama bayi mereka.

Selain dari pandu arah dalaman yang mudah dan menarik, stor ini juga membawa pelbagai pilihan fesyen pakaian dari tradisional ke moden dan kasual serta aneka kasut untuk lelaki dan wanita, beg tangan, kosmetik, produk bayi & anak-anak dan barangan isi rumah.

购物新地点—EVO购物中心百盛百货开业

百盛于2018年5月25日在雪兰莪Bandar Baru Bangi开设其在马来西亚第44家百货公司——Evo购物中心百盛百货。

百盛零售亚洲首席执行官Mr Michael Remsen、百盛控股有限公司执行董事锤惠严、PKNS 董事 Tuan Haji Lokman Abdul Kadir、PKNS 总经理 Puan Hajah Zawiah Binti Mohd Thani、百盛营销部总经理黄秀娟、产业部总经理张德意、营运部副总经理张德昌和林维伦、巴生谷区域经理卓天成以及Evo购物中心百盛百货公司经理 Encik Faizim Edzal Bin Yaacob 共同主持开业仪式。

拥有83,163平方英尺的百货公司打造成一個家庭友好的环境，为顾客提供乐趣十足的购物体验。设有小孩游乐区，让父母可轻松购物；以及一个宽敞的婴儿室，供婴儿的父母育婴使用。

除了方便和有吸引力的内部引导外，百货公司还提供各种精选的时尚服饰，从传统服装到商务和休闲服装、男女鞋、手袋、化妆品、婴儿及儿童用品和家居用品。



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Parkson prides itself on its continuous innovation, vision and customer-first philosophy, and the opening of its 44th store in Malaysia, Parkson Evo at Bangi is a testament of its continuing efforts to enhance its position as a market leader and trendsetter with unique brand mix and lifestyle services. The store is designed with emphasis on a family-friendly environment, with a play area for kids and spacious baby room.

In carrying out our business operations, we are mindful of our role as a responsible corporate citizen. In the spirit of Hari Raya Aidil Fitri celebration, Parkson had hosted a 'buka puasa' event for 60 senior citizens and presented them with groceries, 'baju raya' and 'duit raya', whilst our Property Division extended a helping hand to the families of five needy students from a school in Bangi.

Our Lion-Parkson Foundation will once again be awarding scholarships to bright young Malaysians pursuing tertiary education in the local universities. The applicants who were shortlisted for the final round interview for the scholarships were invited to a briefing session to help them prepare for the interview and entry into university. Education is a powerful tool to develop our youth and bring out their potential. It will equip them with the skills and positive mindset to handle and manage the challenges they will face at the workplace and in life.

The Foundation is organising the third Lion Parkson Run 2018 on 30 September 2018 at Pavilion KL to raise funds for education and charity including completion of the expansion of Banting Home for Handicapped and Mentally Disabled Children. Do read about the Run preparation tips in this issue and start practicing.

UTUSAN PENGARANG

Inovasi, visi dan falsafah pelanggan didahulukan yang berterusan adalah pendekatan yang menjadi kebanggaan Parkson, dan pembukaan stor ke-44 di Malaysia iaitu Parkson Evo di Bangi merupakan bukti kegigihannya untuk memantapkan kedudukan sebagai peneraju pasaran dan trend menerusi pelbagai jenama unik dan perkhidmatan gaya hidup. Reka letak stor ini memberi penekanan kepada persekitaran yang mesra keluarga, dengan ruang permainan untuk kanak-kanak dan bilik bayi yang luas.

Dalam melaksanakan operasi perniagaan, kita juga prihatin akan peranan kita sebagai warga korporat yang bertanggungjawab. Seiring sambutan Hari Raya Aidil Fitri, Parkson telah meraikan seramai 60 orang warga emas untuk berbuka puasa dan menghadiahkan mereka dengan barangan keperluan, baju raya serta duit raya, manakala Bahagian Hartanah kita pula menghulurkan bantuan kepada keluarga lima orang pelajar miskin dari sebuah sekolah di Bangi.

Yayasan Lion-Parkson sekali lagi akan menganugerahkan biasiswa kepada remaja cemerlang Malaysia yang bakal melanjutkan pendidikan ke institusi pengajian tinggi tempatan. Calon-calon yang disenarai pendek untuk temuduga pusingan akhir biasiswa menghadiri sesi taklimat bagi membantu mereka mempersiapkan diri untuk menghadapi temuduga dan juga alam universiti. Pendidikan sangat penting untuk memperkasakan para belia kita dan menyerlahkan potensi mereka. Ia dapat melengkapkan mereka dengan kemahiran dan pemikiran positif tatkala berdepan dengan sebarang cabaran di tempat kerja dan juga dalam kehidupan.

Yayasan ini juga akan menganjurkan Larian Lion Parkson kali ketiga pada 30 September 2018 di Pavilion KL bagi mengumpul dana untuk pendidikan dan kebajikan termasuk menyiapkan penambahan kepada Rumah Kanak-kanak Kurang Upaya & Terencat Akal di Banting. Sila baca mengenai tip persediaan untuk acara Larian ini dan mulalah berlatih.

OPENING OF PLAY UP ADVANCE

The grand opening of Play Up Advance in Fahrenheit88 on 2 June 2018 was given a celebrity touch with the appearance of South Korean artiste, Yoo Seung Ho who played the main character in a drama entitled *I'm Not A Robot*.

Yoo Seung Ho together with Lion-Parkson Foundation Chairman, Puan Sri Chelsia Cheng and Pavilion KL CEO-Retail, Datuk Joyce Yap launched the store. Present at the event were Lion Group Executive Chairman Tan Sri William Cheng; Parkson Retail Asia CEO, Mr Michael Remsen; Parkson Branding Senior General Manager, Mr Michael Chan; CNKCOS CEO, Mr Jung Myung Wan as well as guests from South Korea and Japan.

Play Up Advance which was opened in December last year offers over 10,000 affordable beauty products under one roof. The 5,000 sq ft multi-specialty beauty store, or "beauty wonderland" as it is dubbed, features over 200 beauty brands from South Korea, Europe, Japan, Thailand, the US as well as well-known local brands.

At the event, fans who won the Play Up Advance contest leading up to the grand opening got to meet and greet Yoo Seung Ho on stage as part of their prize including a Polaroid picture of them with him and an autographed portrait of him.



▶ Left to right: Mr Michael Remsen, Tan Sri William Cheng, Puan Sri Chelsia Cheng, Yoo Seung Ho, Datuk Joyce Yap, Mr Jung Myung Wan and Mr Michael Chan at the grand opening of Play Up Advance.
▶ Kiri ke kanan: Encik Michael Remsen, Tan Sri William Cheng, Puan Sri Chelsia Cheng, Yoo Seung Ho, Datuk Joyce Yap, Encik Jung Myung Wan dan Encik Michael Chan di pembukaan rasmi Play Up Advance.



▶ Left to right: Puan Sri Chelsia Cheng, Yoo Seung Ho and Datuk Joyce Yap launching the event.
▶ Kiri ke kanan: Puan Sri Chelsia Cheng, Yoo Seung Ho dan Datuk Joyce Yap merasmikan Play Up Advance.



▶ Yoo Seung Ho in a selfie with the huge crowd.
▶ Yoo Seung Ho berselfie dengan para hadirin.

#PARKSONCARDSQUADZ SPREADS THE BUZZ TO 37 HOTSPOTS AND COUNTING



▶ #ParksonCardSquadz at Da Men Mall.
▶ #ParksonCardSquadz di Da Men Mall.

ParksonCardSquadz into its 4th month on the streets of Klang Valley is still actively spreading the buzz on exclusive privileges that come with Parkson Card, sharing joy with shoppers by giving away goodies and getting them to join the Parkson family to enjoy all the benefits on offer.

Since its launch on 1 April, #ParksonCardSquadz Mobile Truck has visited 37 locations such as Desa ParkCity, UTAR Sungai Long, Bukit Jalil Park, SS2 Food Court, Menara MBB, TAPAK Urban Dining Area, Jalan Kuching Bazaar Ramadan amongst others, and collaborated with shopping malls including Parkson M Square Mall, Klang Parade Mall, Sunway Velocity Mall, MyTOWN Shopping Centre, Setapak Central Mall, Fahrenheit 88 and Da Men Mall.

#ParksonCardSquadz will continue rolling around the streets of Klang Valley, targeting popular hangout spots such as APW Bangsar, Flea Markets and more shopping malls. Do keep a look out and be updated on #ParksonCardSquadz Mobile Truck's schedule by following Parkson Card on Facebook.



KLCC RAYA PARTY



A celebrative mood filled Parkson KLCC as it hosted a Raya Party on 8 June 2018 with many great deals and promotions in conjunction with Hari Raya Aidil Fitri celebration. Guests had a fun time participating in the many activities organised namely Caricature, Henna Tattoo, Spin & Win, performances,

gifts redemption, lucky draw, photobooth session and cooking demonstration. The special appearance by radio announcers from Fly FM, Hafiz & Guibo and Hot FM's Zetty & Sara added to the merriment, and everyone enjoyed the delicious spread served during the 'buka puasa'.



► Guests participating in the activities organised.
 ► *Jemputan mengambil bahagian dalam acara yang dijalankan.*

► Spoiled for choice at the 'buka puasa' buffet line.
 ► *Pelbagai makanan terhidang untuk berbuka puasa.*

PARKSON X HER WORLD MOM'S DAY OUT

In conjunction with Mother's Day, Parkson Card and HerWorld magazine organised 'Parkson X Her World Mom's Day Out' at Parkson Elite Pavilion on 12 May 2018. The event saw the invited mothers enjoying a mini pampering session and other activities arranged by participating brands namely Make-up session by Shizens & Decorte; Styling session by Vangie and Cooking demonstration by WMF with the special appearance of Chef Agnes.



► Pampering sessions by Shizens (left photo) and Decorte (right photo).
 ► *Sesi memanjakan diri bersama Shizens (gambar kiri) dan Decorte (gambar kanan).*

► Cooking demonstration by Chef Agnes.
 ► *Demonstrasi masakan oleh Chef Agnes.*

HOGAN BAKERY @ CHERAS LEISURE MALL

Consumers in the vicinity of Cheras Leisure Mall can now have a taste of freshly baked breads with the opening of Hogan Bakery's newest outlet at L1-61, Level 1, Leisure Plex in the mall at Jalan Manis 6, Taman Segar in Kuala Lumpur.

Hogan Bakery offers over 140 different types of artisan breads and pastries daily, such as Danish Pastries, Healthy European and Artisan Breads, Toast, Dessert and Cakes, with new creations and flavours being constantly introduced.



► The new outlet (left photo) and customers making their purchase from the wide range of bakery products (right photo).
 ► *Outlet baru (gambar kiri) dan pelanggan membuat pembelian dari rangkaian produk bakeri yang meluas (gambar kanan).*

PARKSON'S IFTAR RAMADAN WITH SENIOR CITIZENS

60 senior citizens aged between 62 - 88 years were treated to an array of delicacies prepared by Makan-Makan by Parkson as Parkson hosted 'Majlis Iftar' Ramadan for them at Parkson M Square Mall in Puchong on 7 June 2018.

The event kicked off with a welcome note from the emcee, celebrity Farouk Hussain, followed by speeches by Lion-Parkson Foundation Chairman, Puan Sri Chelsia Cheng and Jabatan Kebajikan Masyarakat Deputy Director, Encik Zulkifli Ismail.

Puan Sri Chelsia welcomed and lauded the senior citizens as without them there will not be the younger generations.

Local artiste, Amy Mastura entertained the guests with her hit songs – Sha na na, Lagu Happy and a raya song, Setahun Sekali which saw the seniors dancing with her, and a few sportingly joined in to recite poems and sing along. Puan Sri Chelsia accompanied by Parkson CEO, Mr Michael Remsen and COO, Mr BE Law handed out groceries, 'baju raya' and 'duit raya' to the senior citizens.

This second 'buka puasa' event was organised by Parkson in collaboration with Jabatan Kebajikan Masyarakat, with support from Foodpark Supermarket by Parkson and Makan-Makan by Parkson.



► (Top photo) Puan Sri Chelsia Cheng (2nd from left) presenting Raya goodies to the senior citizens as Encik Zulkifli (left) looks on, as well duit raya to the feted guests (bottom photo).

► (Gambar atas) Puan Sri Chelsia Cheng (2 dari kiri) menyampaikan sumbangan Hari Raya kepada warga emas, diperhatikan oleh Encik Zulkifli (kiri), dan juga menyerahkan duit raya kepada para tetamu yang diraikan (gambar bawah).



► The senior citizens enjoying themselves with Puan Sri Chelsia Cheng and Amy Mastura (2nd and 4th from right, respectively), and Parkson GM - Merchandising, Ms Adeline Wong (3rd from left).

► Para warga emas berhibur bersama Puan Sri Chelsia Cheng, Amy Mastura (masing-masing 2 dan 4 dari kanan) dan Pengurus Besar Pembarangan Parkson, Cik Adeline Wong (3 dari kiri).



► Happy faces of the senior citizens with Puan Sri Chelsia Cheng, Parkson Management and JKM officials.

► Wajah ceria warga emas bersama Puan Sri Chelsia Cheng, pihak pengurusan Parkson dan pegawai JKM.

BACK-TO-BACK VICTORY IN SUZUKA CIRCUIT, JAPAN

It's another feather in the cap for the HI-REV Racing team with its second consecutive win at the FIM 2018 Asia Road Racing Championship in Suzuka Circuit, Japan, and back-to-back victory for HI-REV with Fakhrusy Syakirin Rostam at the podium in 2017 and Mohd Helmi Azman clinching the checkered flag in 2018.

Helmi's second win in this season has put him at the top of the standings and led HI-REV Racing Team to secure Championship standings. HI-REV Racing Team has three consecutive rounds of podium finishing in the FIM 2018 Asia Road Racing Championship.



HI-REV INNOVATIVE YOUTH 4.0 COMPETITION

Posim Petroleum Marketing Sdn Bhd (PPM) sponsored the Innovative Youth 4.0 - Influencer Marketing Competition organized by Kuala Lumpur and Selangor Chinese Chamber of Commerce and Industry (KLSCCCI) to nurture the entrepreneurial spirit amongst Malaysian youths.

Twelve teams from local institutes of higher learning were assigned to HI-REV to develop a marketing campaign for HI-REV products to the public. The team from UITM which garnered the highest valid record number of participants in a survey won the competition. The five most creative selfie participants (below) from the survey won prizes from HI-REV.



HI-REV HARI RAYA CONTEST 2018

In conjunction with the Hari Raya Aidil Fitri celebration, PPM organised 'Duit Raya' giveaway to customers who serviced their vehicles using HI-REV engine oil at HI-REV dealers' workshops. Three lucky customers with the most creative selfie with HI-REV products stood to win RM1000, RM500 and RM200 cash money respectively.



RAMADAN @ SECOM

In conjunction with the holy month of Ramadan, Secom's Operations and HR department staff distributed food to the personnel at depots and on assignments in the Klang Valley and HQ in Shah Alam to break fast on 28 May and 31 May respectively.

KLANG VALLEY



HEADQUARTERS



OFFICIAL LAUNCH OF RESILION RESIDENCE

The official launch of Resilion Residence project was held at its show gallery at Lot 1236, Jalan Puteri, Seksyen 1, Bandar Mahkota Cheras on 23 & 24 June 2018.

Resilion Residence comprises a 15-storey condominium tower, offering 172 units with built-up areas ranging from 1,148sq ft to 2,051sq ft, as well as 72 town villas with built-ups between 1,114sq ft and 1,362sq ft. The condo units are priced from RM428 per sq ft while the town villas start at RM484,290.

The project is connected to major highways, including Kajang Silk Highway, Kajang - Seremban Highway and the upcoming East Klang Valley Expressway; whilst the Cheras Batu 11 and Bandar Tun Hussein Onn MRT stations are located nearby.

For more info, please visit: www.resilion.com.my



► Lion Property staff attending to the guests and purchasers at the launch.
 ► *Kakitangan Lion Property melayani tetamu dan pembeli yang hadir.*



► Resilion Residence condominium show unit.
 ► *Unit contoh Resilion Residence kondominium.*



► A host of exciting activities entertained everyone at the official launch.
 ► *Pelbagai aktiviti menarik dan menghiburkan untuk semua di majlis perasmian.*



PROPERTY DIVISION BAGS THREE PROPERTYGURU AWARDS

It was a night to remember for our Property Division as it bagged three awards at the PropertyGuru Awards night held on 26 April 2018. Managing Director, Mr Young Pei Feei went on stage to receive the awards for Best Landed Development (Malaysia) Award won by Crescent Park at Bandar Bukit Mahkota; Best Landed Development (Klang Valley) – Crescent Park and a Special Recognition in CSR.

Crescent Park development located at Bukit Mahkota Bangi has also scored a respectable 78 marks in the Quality Assessment System in Construction (QLASSIC) which is a method to measure and evaluate the quality of workmanship based on the approved standards (right photo).



► Mr Young Pey Feei receiving the awards.
 ► Encik Young Pey Feei menerima kesemua anugerah.

& SPREADS FESTIVE CHEER

Lion Property Division brought joy to five needy students of Sekolah Kebangsaan Bangi and their families on 1 June 2018.

Identified by the school's Unit Hal Ehwal Murid Bantuan & Kebajikan 2018, Lion Property Marketing team visited the homes of (clockwise from top left photo) Nur Izatul Syahirah Binti Jinin; Nur Aisyatul Binti Mohamad; Puteri Dania Arisza Ayu Binti Jasmizan; Far Shah Wanieda Binti Shahrudin and Nur Dayan Izawati Binti Abdul Rahman and assisted them in their preparation for Hari Raya Aidil Fitri.



LUNCH & LEARN : ***FIT**for**LIFE***

Group HR organised a Lunch and Learn session entitled "Fit for Life" for employees based at Lion Office Tower on 15 May 2018. Fitness trainers, Benjamin Kong and Henrey Cheong shared tips to stay fit through proper nutrition and demonstrated simple exercises for a quick workout.

TIPS TO STAY FIT

1. Eat Well

- Adopt food pyramid guide:
 - Eat variety of food within recommended intake
 - Limit foods that are high in fats (like butter and fried food)
- Drink plenty of water at least 6-8 glasses/day
- Cook at home more
- Don't use too much salt or sauces in preparing your food

2. Exercise

- Maintain your body weight within a healthy range
- Choose something fun
- Create a realistic program
- Track your progress
- Pick a time that works for you
- Be active physically every day

3. Sleep

- Get 6-8 hours/night

4. Be Positive

- Start off on a positive note
- Listen to inspirational music
- Focus on your blessings

Malaysian Food Pyramid



- ▶ Henrey Cheong (top right photo) demonstrating simple and quick exercises for the staff to do.
- ▶ Henrey Cheong (gambar atas, kanan) menunjukkan demonstrasi untuk senaman mudah dan cepat untuk diamalkan oleh para kakitangan.

BRIEFING FOR SCHOLARSHIPS APPLICANTS

Lion-Parkson Foundation (LPF) organised a briefing session on 8 June 2018 for the shortlisted candidates for its scholarship awards. The session began with a presentation on Lion Group to give the students a better insight into the Group's businesses followed by a briefing on LPF's activities and the scholars programme by CeDR Manager, Puan Siti Sahlah.

2012 LPF scholar, Mr Henry Liu who is currently a Finance Executive at Lion Head Office and 2015 scholar, Nur Fardeana Binti Enche Nadzmy, a Project Executive at Property Division shared their internship and work experience with the applicants. The session also included some games to assess the students' teamwork and leadership qualities.



- ▶ All ears for the briefing by Puan Siti Sahlah (left).
- ▶ Tekun mendengar taklimat daripada Puan Siti Sahlah (kiri).



- ▶ Candidates participating in the activities to assess their team spirit and leadership qualities.
- ▶ Calon-calun bertungkus-lumus dalam aktiviti-aktiviti yang menguji semangat berpasukan dan kualiti kepimpinan.



Pavilion KL
30 SEPTEMBER 2018 7AM SUNDAY

TO REGISTER OR TO DONATE PLEASE VISIT: WWW.LIONPARKSONRUN.COM

100% OF YOUR PARTICIPATION FEE GOES TO
LION-PARKSON FOUNDATION FOR ITS CHARITY EFFORTS IN SUPPORTING EDUCATION AND WELFARE OF THE UNDERPRIVILEGED COMMUNITY.
JOIN US THIS SEPTEMBER AND MAKE A DIFFERENCE
GO THE EXTRA MILE FOR THE EXTRA SMILES

10 KM	RM80
3 KM	RM55
FAMILY PAX (3PAX)	RM120
1 KM RUN FOR CANCER	RM30

*Closing Date for Staff Registration: 30 August 2018
Please contact your HR Department for Special Staff Registration Fee*

PREPARATION TIPS FOR LION PARKSON RUN

The days before a race can be stressful, even for seasoned runners, what more for newbies. Whether it is a fun or competitive run, all runners want to arrive at the starting line feeling calm, healthy, and ready to run their best. Here are some tips to keep everyone on track prior to the big day and hours before the starting gun fires, and to help you recover after you cross the finish line.

THE WEEK BEFORE THE RACE

Stop stressing. Running events are hugely positive community events. You get to spend a morning with friends and strangers cheering on each other, and celebrating doing something healthy. Everyone fears that they'll be last, but don't worry. People with a very wide range of abilities and levels of fitness take part, and many just go to walk them from start to finish.

Cover the route beforehand. Study the route to familiarise yourself. If you forget to do so, don't worry, there are race marshals to assist you with the directions.

Collect your racekit. Remember to pick up your racekit with your running-Tee and bib at **ShoeGallery@fahrenheit88, Level 3** on **28 & 29 September 2018** between **11 am – 8 pm**.

THE DAY BEFORE THE RACE

Don't do anything new. Race week isn't the time to try new shoes, new gear, or anything else you haven't used on several workouts. Stick with the routine that works for you.

Get off your feet. In the days before you race, try to stay off your feet as much as possible. Relax, and leave the lawn mowing or shopping or sightseeing for after the race.

Eat what works for you. Your best bet is to eat whatever has worked best for you. Don't eat anything heavy within two hours of the race.

RACE DAY

Limit your sipping. Yes, you need to stay hydrated, but no major drinking 30 minutes before the race starts; sip if your mouth is dry or if it's particularly hot out.

Arrive early. Get to the race at least one hour before the start so you'll have time to warm up. You don't want to be running to the starting line.

Start slow, and stay even. Run the first 10 percent of the race slower than you normally would, with the idea that you'll finish strong. Try to keep an even pace throughout the race, and save your extra energy for the final stretch to the finish.

AFTER THE RACE

Keep moving. Get your medal and keep walking for at least 10 minutes to fend off stiffness and gradually bring your heart rate back to its resting state. Be sure to do some post-race recovery stretches to stretch out your legs, back, and hip.

Refuel. There are usually snacks and bananas at the finish line. Consume them within 30 minutes of finishing the race.

Get warm. Change out of the clothes you ran in, and get into dry clothes as soon as possible. After you cross the finish line, your core temperature will start to drop fast, and keeping sweaty clothes on will make you cold.

The next day, get going. As sore as you might feel the day after the race, it's important to do some sort of non-impact activity like swimming, cycling, or working out on the elliptical trainer. The movement will increase circulation to your sore muscles and help you bounce back sooner. Just keep the effort level easy.

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DIVERSITY

- HOW DO YOU MANAGE DIVERSITY IN THE WORKPLACE?

The world has shrunk. Technology has brought all of us closer together and made geographical boundaries less relevant – especially when it comes to employment. Increased interaction among populations from all over the world has made it almost impossible to have a workforce that is not diverse in one or the other – be it age, education, personal background, ethnicity, gender, race, cognitive style and more.

Diversity promotes innovation, increased adaptability, easier recruitment and retention, increased productivity, and a broader market reach. As a bonus for having a diverse workforce, your brand both as an employer and as a seller is perceived by job seekers and consumers to be inclusive – which it is.

While it's clear that diversity can be very beneficial to an organisation, it's essential that everyone understands how to manage it for all stakeholders concerned. Conscious steps and initiatives need to be taken within the company to enable the coexistence and thriving of heterogeneous groups. Without these efforts, diversity could turn into a liability rather than an advantage.

Here are five tips to help you manage a diverse workforce for the best results:



Start with Hiring

To hire for diversity, you will need to overcome bias in the assessment and interviewing process. This can only be achieved by creating a diverse interview panel that will ensure that the candidate selection process is free of prejudices and biases and that candidates are strictly selected based on merit. Fair recruitment is crucial if diversity will be managed successfully later on.

Create inclusive policies and practices

You'll need to ensure your organisation's overall practices and policies are inclusive of everyone and do not favour or discriminate a certain set of employees. Leaders and managers should encourage and be willing to take feedback on practices and policies from employees and be ready to make changes where there're perceived barriers for certain groups in the workforce.



Provide diversity training

Providing diversity training to your employees, especially those in leadership positions, helps people understand and respect the differences in religion, race, ethnicity, cultural values, gender and thinking styles. Diversity training helps employees become self-aware which plays a critical role in helping them understand their own prejudices, stereotypes and cultural biases.

Facilitate effective communication

One of the biggest challenges of managing a diverse workforce is ensuring there is clear and effective communication throughout the organisation. To ensure everyone is on the same page, make sure that all the employees understand all the procedures, policies, safety rules and any other important information. Work to ensure that cultural and language barriers are overcome when communicating with your employees. Have important work materials such as operation manuals translated if possible.



▶ Continue on page 13



Encourage interaction

It's only through interactions with one another can diverse groups of people really understand, appreciate and respect the differences that exist among them. Encourage your employees to collaborate with colleagues who are "different" from them. One way of implementing this is by creating work groups that reflect the diversity that exists in the workplace. This will not only help your employees know and value each other as individuals but will also expand the views and experiences of team members helping them appreciate the strength of their combined perspectives and talents.

In Conclusion

While workforce diversity might be somewhat challenging to manage, encouraging and fostering it is the way forward for organisations in this increasingly global business environment. Organisations which can achieve diversity and manage it well will gain a competitive advantage in terms of innovation and differentiation as well as be a preferred employer for top talent.

**Adapted from: <https://bluecollarpeople.com/managing-diversity-workplace-successfully-go/#benefits>*

CeDR ACTIVITIES

POSIM Financial Management for Non-Finance Managers, 19 May 2018



Pembangunan Sumber Manusia Berhad Train-the-Trainer, 21-25 May 2018



Lion-Parkson Foundation Shortlisted Candidates Scholarships Briefing, 7 June 2018



SECOM Supervisory Development Program - Communicating Effectively with People, 7 June 2018



Meet The Lion Circle (MTLC), 26-27 June 2018



A woman with long, wet, brown hair is the central figure, looking directly at the camera with a neutral expression. She is wearing a sleeveless, wrap-style dress with bold, vertical stripes in black, white, red, and light blue. The dress is draped over her shoulders and has a gathered waist. She stands on a dark, volcanic sand beach. In the background, the ocean waves are breaking on the shore, and a dark, rocky coastline is visible under a clear blue sky with some light clouds.

(Sfera)

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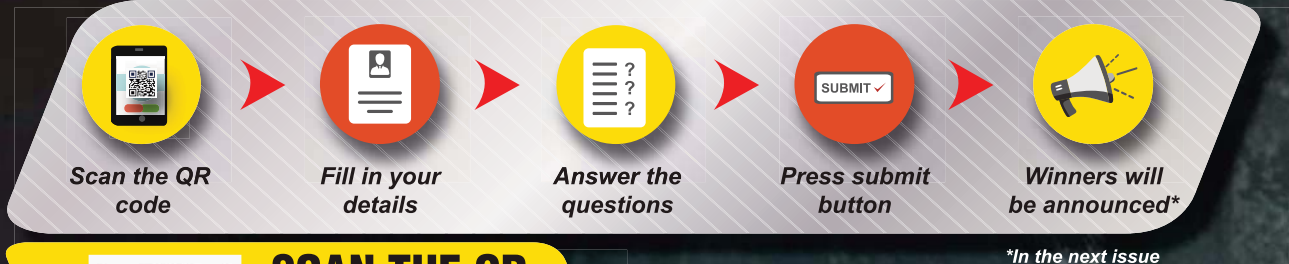
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