



Securing Your
Connected World

15 April 2019

To:
Payal Mahapatra
Health and Wellness Coach

Attended session: Looking to Ctrl Alt Zen your life?

On behalf of employees at Trend Micro Singapore, I'd like to extend our heartfelt appreciation for Payal's insightful lunch session on the topic of rebuilding a balanced life.

As an avid mountaineer and hiker myself, I have always believed in living a healthy, active lifestyle. While we're constantly bogged down by the daily demands of work, taking care of our bodies and minds, getting sufficient rest, and doing regular mindfulness exercises are equally important as attaining success in the workplace. I have personally experienced how a balanced life can beget positive change in both our personal and professional lives.

During the session, Payal delivered a fun mixture of insights supported by scientific research and relatable stories of her personal journey to a balanced life. It was a good reminder of the important things in life that we usually ignore or put on the sidelines. I believe such sessions should be initiated and practised by more corporate organisations across the country.

At Trend Micro, while we have always encouraged our employees to strive for work life balance - and most of our staff do lead a relatively active lifestyle, in and out of the office, it is still helpful to have a professional come in and share more practicable tips to leading a better, healthier, and happier life.

All the best for Payal and Ctrl Alt Zen, and we look forward to conducting more of such health and wellness talks in the future.

Sincerely,
Dhanya Thakkar
Vice president, Trend Micro, Asia Pacific, Middle East, and Africa (AMEA)