

LEAN IN Malaysia



Hello, Lean In Community!

We closed out April on a high note for sure, empowering youths to be workforce ready through our circle Lean In Youth. This month, we would like to start by honouring some very special people in our lives who have shown us true strength and courage, who have raised us, nurtured us, guided us and shown us the world.

Happy Mother's Day ♥

to not only the mothers out there but every single person who has played an equal part in telling us to Lean In, when we felt we couldn't do it ourselves.

With Love,



Meera Maniar
Co-Head of Lean In Youth
Asia Women Circle @ Lean In Org

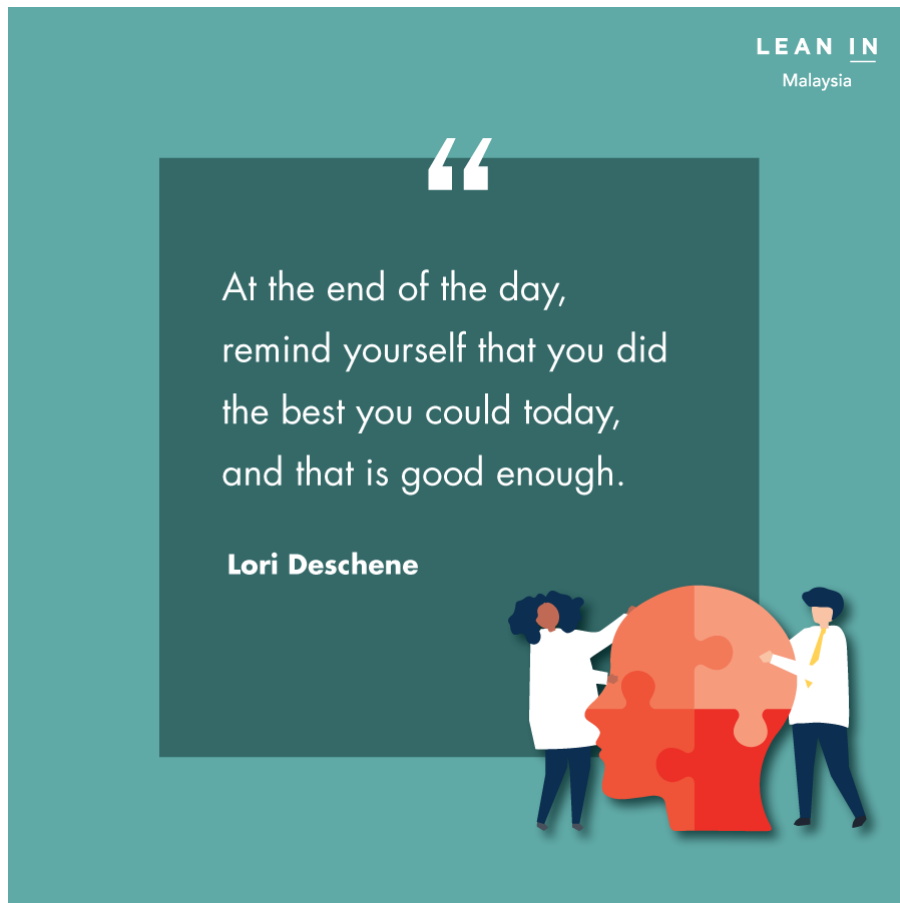
Want to bring Lean In Malaysia to your organization?

Is this the year you drive progress and elevate your leadership development, diversity and inclusion and talent acquisition programs?

Learn how Lean In Malaysia can help make your organization a stronger, more equitable workplace.

Interested in **sponsoring/partnering with Lean In Malaysia** through your company? Contact our team at partnerships@leaninmalaysia.com.

Lean In Masterclass: It's OK Not To Be OK!



Lean In Malaysia, in collaboration with Gender Equality & Diversity Committee of Kuala Lumpur Bar Committee (KLBC) supported by Australia High Commission, brings you a **"Mental Health and Wellness at the Workplace"** masterclass.

Today, the workplace has evolved into a highly stressful and competitive battlefield, where people still find it difficult to speak about experiencing burnout, stress, anxiety, and overall unpleasant experiences at work. To break the stigma, the workshop will touch on:

- Mental Health in the Workplace in Malaysia
- Sexual Harassment
- Mental Health at the Workplace

Come join us on **25th of May 2019 (Saturday)** at **Kuala Lumpur Bar!** Let's create a community which does not stereotype but acknowledges the importance of mental health at the workplace! 😊

May Update: Lean In Malaysia Sabah



The Second Lean In Malaysia Sabah Circle Meeting - 4th May 2019.

This meeting was led by Phyllicia Robert who shared a simple and quick method of journaling called "listing". Using journal prompts and inexpensive stationery, the Circle members get to re-discover their aspirations and goals while having fun at the same time.

The Circle meets every first Saturday of the month, with each of its members taking turn leading the meeting.

#Throwback: Lean In Youth Masterclass



Following the great success from last year's 5-week masterclass, the LIY team decided to improvise and organize a one-day intensive masterclass themed **Momentum: Getting Work Ready** on the **27th of April 2019**.

This program was targeted towards prospective university graduates ready to kickstart their career and learn how to differentiate themselves from the rest.



Manoj Menon from Frost & Sullivan kickstarted the event with his keynote speech — an eye-opener for the 34 young, ambitious participants. The next session, conducted by Alex Tan, was on designing your life which included detailed goals setting and career planning. Sarah Tanoue concluded the learning session by giving some tips on how attendees can stand out from the crowd and ace interviews.

The day ended with a networking session, where 10 mentors across various industries coached the participants and answered any questions they had.

Sponsor Highlight: EcoWorld Innovation Challenge 2019

It is time for Team EcoWorld to INNOVATE! Revolutionary products, new strategies, game-changing designs, etc. Great ideas come in all shapes and sizes, and we want to hear it! That's what the EcoWorld Innovation Challenge is: **form your dream team, pitch your idea, and bring it to life!**



In this group-wide move to encourage a culture of innovation and design thinking, a total of 16 teams took up the challenge to brainstorm fresh concepts in residential and commercial categories. A mystery prize is up for grabs, but the greatest reward? The winning team's idea will be implemented- dreams do come true!



This month, Stage 2 of the Innovation Challenge rolled out at Eco Sanctuary and the air was abuzz with eager anticipation, felt even from one team several time zones away in EcoWorld London, who presented their pitch via video conference. Participants had presented their ideas for the first time in Stage 1, where they received feedback from the judges to tweak and clarify their proposals in preparation for Stage 2. The stakes climbed and competition stiffened as participants were keen to wow the judging panel. Teams faced hard questions from CEO Dato' Chang Khim Wah, Executive Director Liew Tian Xiong, and Divisional General Manager of Group Quality Management Steven Su.



Just one final round to go and the heat is on! Teams are going back to the drawing board to fine tune their proposals following the judges' feedback before the finale... All the best!

Quick Chat with Wei Jia, Chen **Head of Consumer Product at Fave**

1. What are the main challenges faced by working mums?



Scheduling! It's always tough juggling few different jobs and wanting to do it all. You're no longer planning solo - having to navigate a career, looking after the family, keeping the household in check... which can take a toll on the mental load. There are countless times when I'd end the day feeling like I'm at a deficit in both the work and life side of the equation. It's definitely a challenge but one that encourages me to ruthlessly prioritise to be able to do it all.

2. What are the tips would you give to other mums to deal with Mum Guilt?

Make the most of the family time portion of your day. Both my husband and I spend 8-10 hours a day at work with only a few hours a day and weekends with our son. In that respect, we really cherish the family time we have, putting aside devices (TV, phones, computers) and switching off work to focus 100% on each other. To me, it's about the quality, not just the quantity, of time spent that truly matters.

3. If you could have any superpower, what would you choose and why?

The power of human duplication! It'd be awesome to be able to selectively clone myself to be able to achieve greatness in all aspects. Often there's so much I'd love to do for work, the community and my family with time being a finite commodity. Yeah, having that would definitely be pretty cool.

Sponsors



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Kuala Lumpur



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