

VOL. 55 · JANUARY 2025

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



• H A P P Y • N E W • Y E A R •

2025

Thank you for your endless support during 2024
and a very warm welcome to 2025

Capital Place Building Management
wishing you and your families a happy,
healthy and abundant 2025

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CAPITAL PLACE

GENERAL MANAGER



Mr. Bima Putra joins Capital Place as the new General Manager on 23 December 2024.

With his extensive experiences in Property Management expertise, he will strengthen the Building Management (BM) team's ability to provide excellent services to all Tenants.

Mr. Bima can be contacted through his email address Bima.Putra@jll.com

We are confident that Mr. Bima will be a great addition to Capital Place.

WELCOME TO CAPITAL PLACE, MR. BIMA!





CELEBRATING THE SPIRIT OF CHRISTMAS

On Tuesday, December 10, 2024, Capital Place embraced the festive season by hosting a meaningful event that brought together Tenants and children from Yayasan Kasih Mandiri Bersinar, showcasing the essence of the season - sharing joy and spreading kindness.

The children graced Capital Place with their presence, receiving thoughtful and generous donations. They also offered handcrafted mats and delectable snacks for sale which can be purchased by Tenants to show their support for the children.

Capital Place Building Management extends our heartfelt gratitude to all Tenants and participants for your generous gifts towards Yayasan Kasih Mandiri Bersinar.

Let's keep the spirit of giving alive throughout the year. Your kindness has the power to brighten lives and create lasting memories!



STAYING SAFE AND HEALTHY DURING THE RAINY SEASON

BY RISKA OKTAVIANA - CHIEF HSE



The rainy season brings cooler temperatures and refreshing weather, but it also poses risks to health and safety. To stay protected during this period, follow these practical tips to ensure you and your workplace remain safe and healthy.

Key Tips for Safety and Health During the Rainy Season:

1. STAY DRY AND WARM

Always carry rain gear, such as an umbrella, waterproof jacket, and shoes. Avoid staying in wet clothing for prolonged periods, as it can lead to illnesses like colds and flu.

2. BEWARE OF SLIPPERY SURFACES

Walk cautiously on wet floors, stairs, and outdoor pavements. Use anti-slip mats or rugs at entryways to prevent slips and falls.

3. BOOST YOUR IMMUNITY

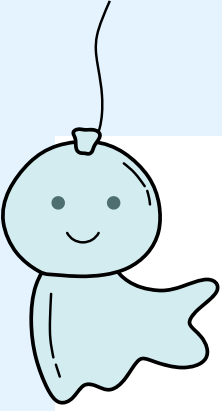
Eat nutritious meals, stay hydrated, and get enough rest to strengthen your immune system. Consider taking vitamin supplements if recommended by your doctor.

4. CHECK ELECTRICAL SAFETY

Ensure electrical outlets, cords, and appliances are kept dry to prevent short circuits or electrical hazards. Report any water leaks near electrical systems to building management immediately.

5. USE SAFE TRANSPORTATION

Drive or commute carefully during heavy rains. Check your vehicle's tires, brakes, and wipers, and avoid traveling through flooded areas to reduce the risk of accidents.



6. PROTECT AGAINST WATERBORNE DISEASES

Drink clean or filtered water to prevent illnesses like diarrhea. Avoid consuming street food during rainy days, as hygiene standards may be compromised.

7. ENSURE PROPER VENTILATION

Keep indoor areas well-ventilated to avoid the growth of mold and mildew, which can cause respiratory issues.

8. STAY UPDATED ON WEATHER FORECAST

Monitor local weather reports and plan your travel accordingly. Avoid unnecessary trips during severe weather conditions.

9. MAINTAIN PERSONAL HYGIENE

Wash your hands frequently with soap and water to prevent the spread of germs. Keep a sanitizer handy for times when water is not available.

10. BE PREPARED FOR EMERGENCIES

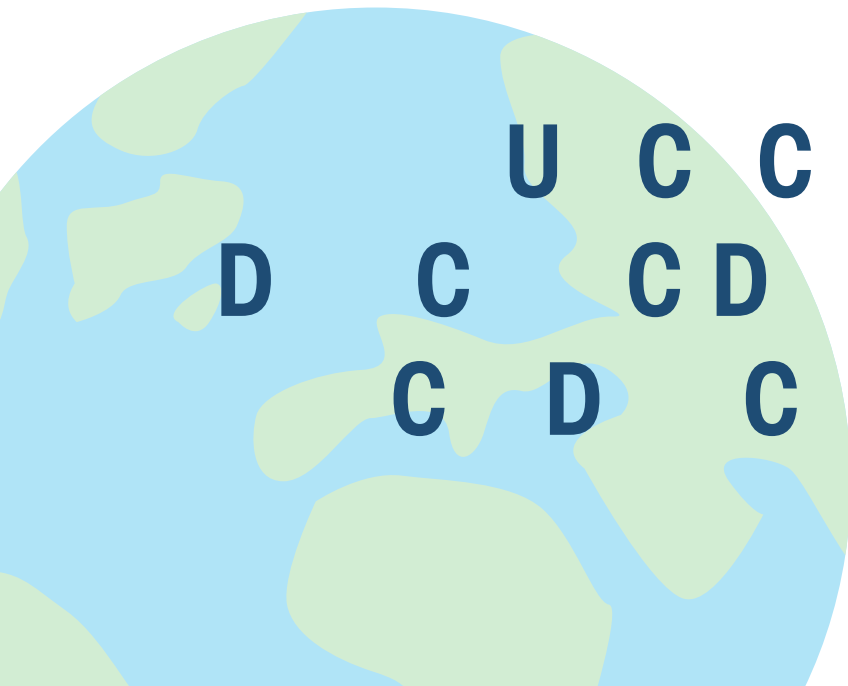
Ensure your workplace has basic emergency supplies, including first aid kits and flashlights. Inform building management of any potential hazards observed in common areas.

STAY SAFE, STAY HEALTHY!

By adopting these measures, we can minimize the risks associated with the rainy season and maintain a safe and healthy environment for everyone.



TURN OFF THE LIGHTS WHEN YOU ARE NOT IN THE ROOM



5 STEPS TO SETTING SUCCESSFUL GOALS



Do you often find yourself setting ambitious goals but struggling to achieve them? You're not alone. Many people face challenges when it comes to turning their aspirations into tangible results. However, by applying the SMART goal method, you can significantly increase your chances of success. SMART is an acronym for Specific, Measurable, Attainable, Relevant, and Timebound—an approach that provides clarity, structure, and focus to your goal-setting process.

1. SPECIFIC: DEFINE YOUR GOALS WITH PRECISION

The first step in the SMART goal method is to set specific goals. Vague goals like “get healthier” or “save money” lack direction and can be challenging to follow. Instead, narrow down by answering the five W's: Who, What, Where, When, and Why. For example, rather than saying, “I want to get healthier,” specify, “I want to lose 10 pounds in the next three months by exercising four times a week and following a balanced diet.” By being specific, you create a clear roadmap toward your desired outcome.

2. MEASURABLE: TRACK YOUR PROGRESS

To track your progress effectively, it's crucial to create measurable goals. Measurable goals enable you to track your advancement and provide a sense of achievement along the way. Determine how you will measure your success. For instance, if your goal is to improve your diet, define a specific amount of times you will replace fast-food meals with nutritious home-cooked meals! This way, you can assess your progress regularly and make adjustments if necessary. By having quantifiable milestones, you stay motivated and can celebrate your accomplishments.

3. ATTAINABLE: SET REALISTIC OBJECTIVES

While it's important to dream big, setting unattainable goals can lead to frustration and disappointment. The SMART goal method emphasizes the significance of setting objectives that are within your reach. Consider your current resources, skills, and constraints when defining your goals. Assess the achievability of your objectives and break them down into manageable steps. By setting attainable goals, you create a positive mindset and foster a sense of empowerment as you witness your progress.



4. RELEVANT: ALIGN GOALS WITH YOUR PURPOSE

Relevance is a critical aspect of the SMART goal method. Your goals should align with your values, interests, and long-term vision. Reflect on how your goals fit into the bigger picture of your life or career. Ask yourself why achieving this goal matters to you and how it contributes to your overall growth. When your goals are relevant to your aspirations, you'll have a stronger sense of purpose, making it easier to stay focused and committed.

5. TIME-BOUND: SET DEADLINES FOR ACCOUNTABILITY

To avoid procrastination and maintain momentum, incorporating a time-bound element into your goals is essential. Assigning deadlines adds a sense of urgency and keeps you accountable. Instead of stating, "I want to eat healthier someday," set a specific deadline, such as, "I will include fruits, vegetables, and trail mix as snacks in place of chips and ice cream within the next month." Establishing a timeframe helps you prioritize your actions and allocate your resources effectively.



By adopting the SMART goal method, you can transform your aspirations into achievable objectives.

Remember, success is not solely defined by the end result but by the journey of growth and selfimprovement. The SMART goal method equips you with a framework that ensures your goals are Specific, Measurable, Attainable, Relevant, and Time-bound.

By implementing this approach, you gain clarity, focus, and a higher probability of reaching your goals. So, go ahead, set your SMART goals, and unlock your potential for a successful and fulfilling life.

Source : <https://alivio.org/5-steps-to-setting-successful-goals/>

BEST PLACES TO CATCH SUNSET IN JAKARTA



1. CHÃO CHÁO

With unparalleled views of Jakarta's SCBD unique skyline and an array of areas to dance and drink the evening away, Chão Cháo's Rooftop experience is the ultimate destination for post-work cocktails and late-night rendezvous alike. At the heart of Chão Cháo's philosophy is a playful attitude to the luxury experience. The Rooftop transitions from daytime dining to sunset cocktails and all the way to bottle popping late-night revelry soundtracked by the finest DJs and live bands creating a unique vibe with an epic city skyline backdrop.

Alila SCBD Jakarta, 25th & 26th floor
Lot 11 Jl. Jend Sudirman, Jakarta
Phone: +62 811 9628 001



2. HENSHIN AT THE WESTIN JAKARTA

Perched on the 67th to the 69th floor of The Westin Jakarta, Henshin is a multi-level, multi-dimensional, food and beverage with one of the most spectacular city views you could possibly find in the city. With signature music from Henshin's house DJs in the background, guests can enjoy special Ceviches or Tiraditos and the freshest sushi and sashimi prepared in the lounge's mini sushi bar, perfectly paired with unique Nikkei-inspired cocktails made by their mixologists. It is the hottest sunset spot in the city right now!

The Westin Jakarta

Jl. H.R Rasuna Said Kav C-22A Jakarta 12940
Phone: +622127887768, +6287800028008

3. CAFE CALI

Music, cocktails, food, poolside bed, what could be better than that? Cafe Cali which sets on the 32nd floor of The Orient Hotel is the perfect place to enjoy the 360-degree bright, sunset, and the city lights of Jakarta. Get a glimpse of what Tinseltown looks like from above Jakarta.

The Orient Hotel, 32nd Floor

Jalan Jendral Sudirman No. 36 Jakarta, Indonesia – 10210

Phone: +62 877-7654-5223



4. HAUSE ROOFTOP SENOPATI

Hause Rooftop Senopati, nestled in the heart of SCBD, offers a serene escape with panoramic sunset views framed by lush greenery. This charming rooftop oasis combines nature with urban elegance, creating a perfect ambiance to enjoy delightful food, refreshing drinks, and vibrant entertainment. Whether you're winding down after a long day or celebrating with friends, Hause Rooftop promises a memorable experience above the cityscape.

Jl. Suryo No.2B, Jakarta 12180

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