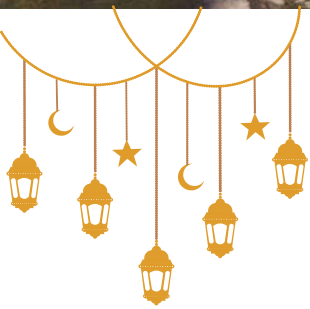


VOL. 55 · JULY 2024

# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



## CAPITAL PLACE WISHES YOU A BLESSED AND JOYFUL EID AL-ADHA

As part of our Social Responsibilities program, Capital Place participated in the celebration of Eid Al-Adha by donating 2 cows for Qurban. We hope that these donations will help those in need in our local community and neighborhood of RW. 04 Kelurahan Kuningan Barat.

*Eid al Adha  
Mubarak*



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# Concierge

# SERVICE



## HOW THE CONCIERGE WORKS

Contact the Capital Place Concierge via  
phone or email

**+6221 2277 5959**

[concierge@capital.co.id](mailto:concierge@capital.co.id)

Request your customized service

The Concierge will source the service and  
provide you a quote and terms of payment

Provide approval for Concierge to proceed  
with the service

Arrange payment directly to the vendor



**DID YOU KNOW?**

# HEALTH BENEFIT OF COCONUT WATER

Coconut water has gained significant popularity in recent years as a refreshing and hydrating natural beverage. This tropical delight is not only delicious but also boasts a wealth of health benefits. Derived from the clear liquid found inside young, green coconuts, coconut water is loaded with essential nutrients and electrolytes that makes it an ideal thirst quencher, particularly in hot and humid climates.

## POST WORKOUT RE-ENERGIZER

**ANTIOXIDANT - DENSE**

**IMPROVES HEART HEALTH**

**LOWER BLOOD SUGAR**

**MANAGES CHOLESTEROL LEVEL**

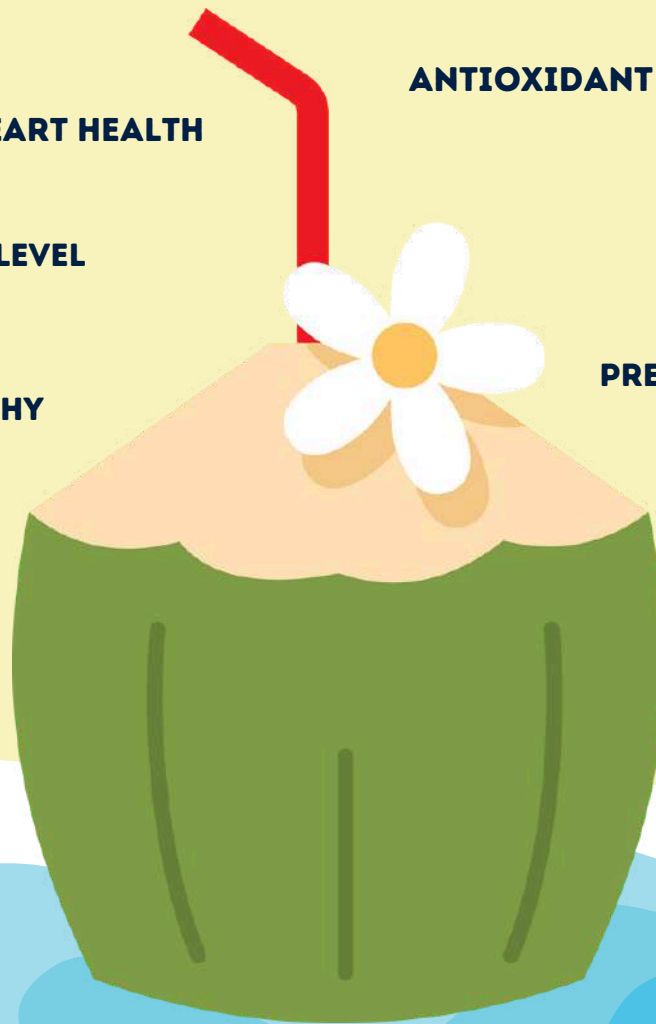
**PREVENTS KIDNEY STONES**

**MAINTAINS HEALTHY  
BLOOD PRESSURE**

**HIGH IN AMINO ACIDS**

**CONTAINS CYTOKINES**

**GREAT SOURCE OF  
ELECTROLYTES**

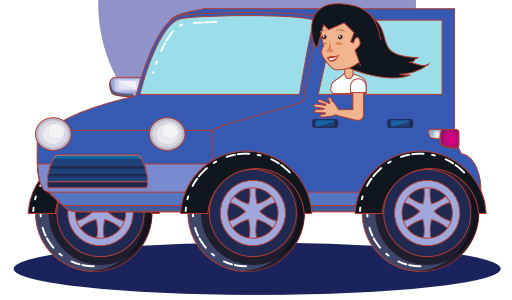


Source: <https://facts.net/lifestyle/food/13-facts-about-coconut-water/>  
<https://www.healthifyme.com/blog/benefits-of-coconut-water/>

# SAFE DRIVING TIPS

By Riska Oktaviana - Chief HSE

# DRIVESAFELY



Ensuring safety on the road is crucial for all drivers, whether you are in a car or in a motorcycle.

Here are some tips to help you stay safe and avoid accidents:

## 1. WEAR YOUR SEATBELT/HELMET

Always wear your seatbelt in a car and helmet on a motorcycle. These are critical for reducing injury in case of an accident.

## 2. FOLLOW SPEED LIMITS

Obey posted speed limits and adjust your speed according to road conditions and traffic.

## 3. AVOID DISTRACTIONS

Stay focused on the road. Avoid using your phone, eating or engaging in any activities that divert your attention.

## 4. USE INDICATORS

Always signal your intentions well in advance when turning or changing lanes to alert other drivers and riders.

## 5. MAINTAIN SAFE DISTANCE

Keep a safe following distance from the vehicle in front of you to allow sufficient reaction time.

## 6. REGULAR MAINTENANCE

Ensure your vehicle or motorcycle is regular serviced and in good working condition, including brakes, tires, and lights.

## 7. RIDE/DRIVE DEFENSIVELY

Be aware of other drivers' action and anticipate potential hazards. Avoid blind spots and maintain a safe distance.

## 8. DO NOT DRINK AND DRIVE

Never drive under the influence of alcohol or drugs. Impaired driving is a leading cause of accidents.

## 9. OBEY TRAFFIC LAWS

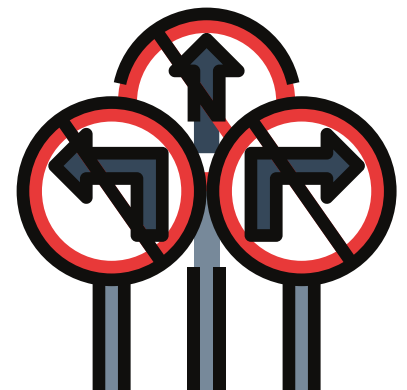
Follow all traffic signals, signs, and road markings. They are designed to keep everyone safe.

## 10. STAY CALM

Stay patient and calm, especially during heavy traffic or challenging driving conditions.



By following these safety tips, you can contribute to a safer driving environment for everyone. Remember, safety is everyone's responsibility. Let's make our roads safer together!



# 6 TIPS TO BUILD POSITIVE WORKPLACE RELATIONSHIPS

## 1. OPEN COMMUNICATION

Excellent and open communication is the cornerstone of a healthy relationship between employees. Communication should always be transparent so that there is always a flow of information without interruption. Encouraging employees to have open communication with their peers creates a sense of psychological safety. This not only fosters friendship but also builds trust.

Thus, leaders could open up communication channels where everyone can connect and bond well to strengthen the organization.



## 2. LISTENING

People have this tendency to act that they are listening and miss out on the message that others have to convey. However, that should be avoided to foster a positive relationship in the workplace.

Everyone should pay attention when someone has to say something and focus on the message they want to convey. Try to see the bigger picture and the meaning behind a conversation and offer some insight after hearing the entire input.

## 3. SHOW APPRECIATION

Appreciating your peers and co-workers by far is the best way to build a healthy relationship. Always show appreciation when a colleague helps you out or someone has achieved something greater within their stay in the organization. Even simple gestures like writing a simple appreciation note or giving a meaningful valentine's day gift can go a long way.

This will help them boost their morale, but it will also help you bond well with other employees.



## 4. VALUE OTHERS

Show value to others and the work they do. Learn to accept the way they perform their daily tasks. When you value their work ethics, your relationship with others transcends to a positive level on its own. Not only this works as a morale booster to others, but it also helps you build a good reputation within the organization.



## 5. POSITIVE ATTITUDE

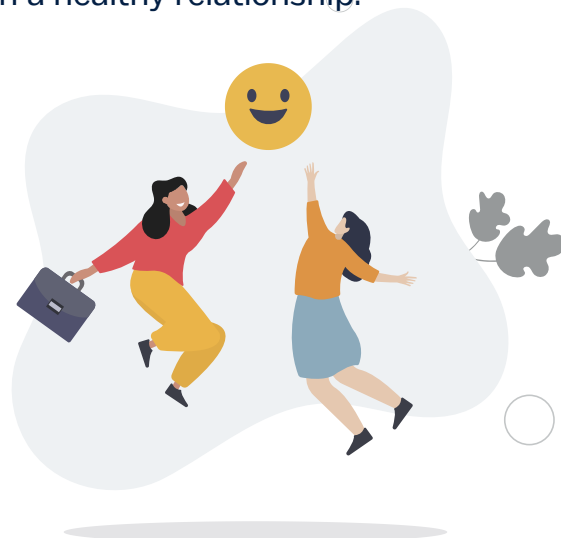
You need to have an attitude that people like and find approachable. No matter who ever it is in the organization, if they have the right attitude, then it becomes appealing. People are more likely to talk and bond with those who show a positive attitude. When you showcase positivity, it gets reflected in others as well—promoting a happy workspace.

## 6. MAINTAIN BOUNDARIES AND NEVER GOSSIP

Before you bond well with someone in the organization, keep in mind to set certain boundaries. Keep a certain amount of time for bonding and never let the social connection hamper your work in the long run. Once you can differentiate them, you will maintain a good relationship with others. While we are talking about maintaining boundaries, one should also realize that gossiping is never a good idea. Office politics disrupt the working environment and hinders the relationships between co-workers.

If you have a conflict with someone, try to resolve it with open communication pinpointing the problem. This will resolve the conflict and will help you maintain a healthy relationship.

Healthy and positive work relationships will make your job less stressful and enjoyable. It will cut out the mundane factor that often plagues an employee in the long run. A company culture that encourages employees to maintain healthy relationships can go a long way towards enhancing employee well-being.



Source: <https://www.vantagecircle.com/en/blog/workplace-relationships/>

# WHAT'S HAPPENING IN JAKARTA ?

IN JULY 2024



A FESTIVAL EXPERIENCE BY ISMAYA **LIVE**



1<sup>ST</sup> ANNIVERSARY EDITION

19, 20, 21 • • • JULY 2024

## WE THE FEST

Fri, Jul 19 - Sun, Jul 21 2024, All day

Since its inception in 2014, Ismaya Live's We The Fest has become one of the biggest music festivals in Southeast Asia. Originally held for one day at Parkir Timur Senayan, the festival has now evolved into a 3-day festival that attracts thousands of music lovers from all over the world.

A number of world-renowned musicians have performed at the first five editions of We The Fest held annually by Ismaya Live including Lorde, Dua Lipa, The 1975, Phoenix, SZA, Miguel, Big Sean, Mark Ronson, Macklemore & Ryan Lewis, and G-Eazy,

In addition to music, three other elements namely art, fashion, and food complement the excitement of We The Fest which is held annually by Ismaya Live, Ismaya Group's live events division which also organizes one of Asia's largest dance music festivals, Djakarta Warehouse Project.

For more information, please check on [wethefest.com](http://wethefest.com)

## JAKARTA COLOR RUN 2024

Sun, Jul 21 2024, 6 - 11:30am  
The Color Run Festival will take place on July 21, 2024, featuring a 5KM Fun Run starting from Pasar Seni Ancol. The ticket price for Presale is 250k, and the normal price is 350k, which includes a race pack consisting of a Jersey, Sunglasses, Refreshment, medal, etc.



### Sale Registration Open!

Jakarta Color Run Festival 2024... the biggest fun run event in Jakarta... crossing through the Ancol tourist area along 5KM. Register now, limited slots available.

5K Fun Run on Sunday, July 21, 2024. Start point at Pasar Seni Ancol Jakarta

PreSale Price IDR 250,000

Registration: [<https://eoonline.id/>](<https://eoonline.id/>)



# NEW TENANT

## AT FOODST3P LEVEL 3



### OPENING HOUR :

Monday - Friday  
10:00 - 17:30 Hrs



### OPENING HOUR :

Monday - Friday  
10:00 - 20:00 Hrs

