

VOL. 55 · OCTOBER 2024

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta

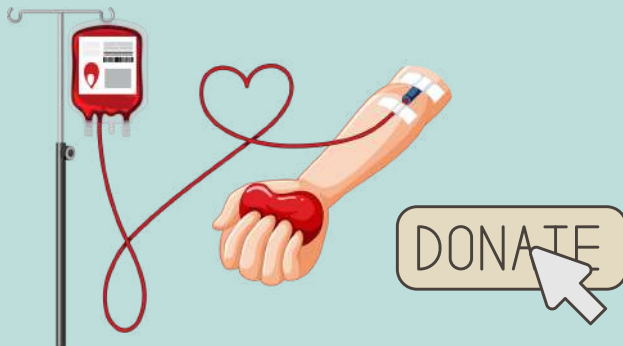


Palang
Merah
Indonesia

PROVINSI
DKI JAKARTA

BLOOD DONATION

 OCTOBER 10, 2024  11AM, AT CAPITAL PLACE LEVEL 10





Be a HERO Donate your BLOOD

Capital Place invites all Tenants to participate in our Blood Donation event and help save lives within our community.

Your contribution can give someone a second chance!

Please contact Capital Place Concierge for further information and registration

 +62 21-2277-5959

 +62 852-1149-3299



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CAPITAL PLACE GENERAL MANAGER

We wish to inform you that Mr Seah Kian Hwee, our General Manager will be leaving Capital Place soon.

While it is always difficult to say goodbye, we are grateful for the dedications he has made during his stay here.

As part of his farewell, Mr Seah has kindly shared a short message with all of us, which we would like to pass along:



“ *It is with great sadness to share with you that I will be leaving Capital Place on 30 September 2024 to attend to my family matters.* ”

All happy moments will always come to end. I would like to take this opportunity to thank you for all your understanding and support rendered to me during my tenure in Capital Place. And wish that all of you will scale greater height and achieve your dreams, always healthy & happy!

Take care everyone! ”

We wish to assure Tenants that our team remains committed to provide the quality service to you and look forward to further grow our relationship with more exciting developments ahead.

As Mr Seah moves on, we extend our heartfelt thanks for their leadership and wish them good health, happiness, and continued success in all that lies ahead.



HOW TO IMPROVE EMOTIONAL INTELLIGENCE IN 9 STEPS



Use the following steps to improve your emotional intelligence both at and outside of work:

1. BE MORE SELF-AWARE

Being aware of your emotions and emotional responses to those around you can greatly improve your emotional intelligence. Knowing when you're feeling anxious or angry can help you process and communicate those feelings in a way that promotes healthy results. To improve your awareness, consider tracking any time you feel a strong emotion and taking notes about what caused your feeling.



2. RECOGNIZE HOW OTHERS FEEL

Emotional intelligence may start with self-reflection, but it's also important to gauge how others perceive your behavior and communication. Knowing how to adjust your own message based on how you're received is an important part of being emotionally intelligent. If you're unsure, you can always ask others how they feel to show that you prioritize their reactions.

3. PRACTICE ACTIVE LISTENING

People communicate via both verbal and nonverbal communication, so it's important to listen and watch for potentially positive and negative reactions. Taking the time to listen to others also indicates a level of respect that can form the foundation for healthy relationships. To show that you're actively listening, try asking questions, nodding along or repeating back important points to show that you've understood them.

4. COMMUNICATE CLEARLY

Strong communication skills are essential for emotional intelligence. Knowing what to say or write and when to deliver information is crucial for building strong relationships. For example, as a manager in a work environment, communicating expectations and goals is necessary to keep everyone on the same page. Try to be as communicative as possible and create multiple channels for others to communicate their feelings with you.

HOW TO IMPROVE EMOTIONAL INTELLIGENCE IN 9 STEPS



5. STAY POSITIVE

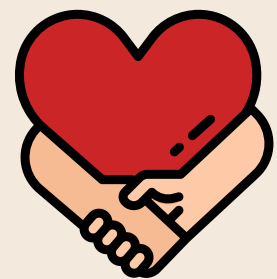
Emotionally intelligent people understand the power of a positive word, an encouraging email and a kind gesture. When you're able to also stay positive in a stressful situation, you can help others around you remain calm. This attitude can also encourage further problem-solving and teamwork. While negative emotions can be normal, consider developing strategies to minimize their effects and look for solutions.

6. EMPATHIZE

Considering how others might be feeling is an important quality of emotional intelligence. It means you can empathize with feelings that you may not be feeling yourself and respond in a way that's respectful and comforting to others. Try to imagine yourself in others' positions so that you can consider how you might feel if in their situation.

7. BE OPEN-MINDED

Emotionally intelligent people are often easy to approach because they're good listeners and able to consider and understand other perspectives. They're also open to learning new things and embracing new ideas. Even if you're unsure of a new idea or concept, try to consider what it may look like to implement it into daily work.



8. LISTEN TO FEEDBACK

It's important to be the kind of person who can hear feedback, whether it's positive feedback on a recent presentation or more critical recommendations on how you should delegate tasks more efficiently. Being open to feedback means you can take responsibility for your actions and are willing to improve how you communicate with others. While some feedback may be challenging to receive, you can try to think of it as an opportunity to learn and grow professionally.

9. STAY CALM UNDER PRESSURE

It's important to be able to approach stressful situations with a calm and positive attitude. Tensions can easily escalate, especially when people are working under deadlines, so keeping steady and focusing on finding a solution can help everyone meet their goals. Try to develop strategies like taking a deep breath or asking for help when in a stressful situation to help you stay calm and thoughtful.

Source: <https://www.indeed.com/career-advice/career-development/how-to-improve-emotional-intelligence>

COMBATTING A SEDENTARY LIFESTYLE

By Riska Oktaviana - Chief HSE



Prolonged sitting at the office can lead to serious health issues, including back pain, heart disease and reduced energy levels. To stay healthy and productive, small changes in daily habits can make big difference.

SIMPLE STEPS TO REDUCE SEDENTARY TIME

1. Simple Steps to Reduce Sedentary Time

Set reminders to stand or stretch regularly to improve circulation and reduce muscle strain.

2. Take Walking Meetings

Incorporate walking into meetings to stay active while discussing work.

3. Use a Standing Desk

Alternate between sitting and standing to reduce pressure on your back and legs.

4. Walk While on the Phone

Move around during phone calls to add extra steps to your day.

5. Stretch Regularly

Simple stretches improve flexibility and relieve tension in your muscles.

6. Stay Hydrated and Take Breaks

Drinking water and taking hourly breaks encourage movement and maintain energy levels



THE BENEFITS OF MOVING MORE

- **Increased Productivity**

Movement boosts energy levels, which can lead to better focus and higher productivity.

- **Improved Physical Health**

Reducing sitting time helps prevent health problems like back pain, weight gain, and cardiovascular issues

- **Mental Clarity**

Regular breaks and movement can reduce stress, enhance creativity, and improve overall mood.



SAVE WATER SAVE LIFE



**I'm Essential Part of your Life,
Save Me To Secure Your Future.**



WHAT'S HAPPENING IN JAKARTA ?

IN OCTOBER 2024

AN EVENING WITH JOHN LEGEND: A NIGHT OF SONGS AND STORIES

Sun, Oct 6 2024, All day
John Legend is headed to Indonesia on October 6, 2024!

'An Evening With John Legend: A Night of Songs And Stories'
Artist presale starts July 14, with general ticket sales beginning July 15 at 2 PM via website johnlegend.com or johnlegendindonesia.com.

Save the date and get ready for an unforgettable evening!

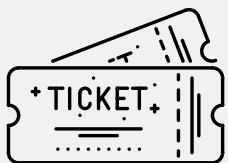
AN EVENING WITH

A NIGHT OF SONGS AND STORIES

JOHN LEGEND

TICKETS AT
JOHNLEGEND.COM
JOHNLEGENDINDONESIA.COM

OCTOBER 6
SENTUL INTERNATIONAL
CONVENTION CENTER



FIRE HOUSE LIVE IN INDONESIA

Fri, Oct 18 2024, All day
Don't Miss Fire House Live in Indonesia!

Catch the iconic American rock band Fire House at their exhilarating concert on October 18, 2024. Experience their electrifying performance at The Kasablanka Hall, Jakarta.

Get ready for an unforgettable night of rock music!

