Workplace Wellbeing
Thriving In A State Of Flux
Meet Our Team...

Stacey Mahar
Global Client Relationship Manager
Schiavello
Fun Fact: Stacey has an identical twin but her mum's doctor didn't realise that until after she was born and that her sister was in there!

Anoma Behal Baste
Associate Director
International Client Solutions
Space Matrix
Fun Fact: Anoma went tandem skydiving at 12,000 Ft in New Zealand.

Nick Hughes
Regional Head of Workplace –
ASEAN, South Asia and Singapore
Standard Chartered Bank
Fun Fact: Nick’s perfect day would start with a cup of Earl Grey and finish with a glass or two of Saint Emilion Grand Cru.

Anna Williams
Senior Director, Solutions Development Asia
JLL
Fun Fact: Anna once rode a donkey named Michael Jackson through the streets of Petra.

Gurveen Khurana
Regional Business Planning Manager to COO (Property)
Standard Chartered Bank
Fun Fact: Gurveen loves diving in Thailand, Malaysia, Philippines and Great Barrier Reef.

Cheryl Goh
Regional Director,
Global & Strategic Accounts
Shaw Industries
Fun Fact: Cheryl shares the same birth date and month as Abraham Lincoln. Neither one are Vampire hunters.

Jasmine El-Rab
Business Development Manager
Zenith Interiors
Fun Fact: Jasmine is an avid fan of the PBR (Professional Bull Riding) & even has a tattoo of a bull as proof!
Thriving In A State of Flux:

Workplace wellbeing is closely associated with various personal and organisational factors that are interlinked. A workplace that enhances or promotes well being is one which is aligned on the following parameters: Purpose, Social, Financial, Community and Physical needs.

In the current scenario with physical distancing measures and lockdowns, all these have been shaken at their foundation.

We address how people can still come together and remain well in the future workplace through measures associated with planning, technology, hygiene and innovation.

The way of life and work will remain in flux and we should embrace this while constantly striving for innovative solutions and answers for a better tomorrow.
Employee Wellbeing: From Initiative to Necessity

Workplace wellbeing and ‘the employee experience’, have risen in importance, becoming an organisational mark of distinction alongside sustainability initiatives and innovative advancements rather than a ‘nice to have’.

Research indicates that the global corporate wellness market is projected to reach USD 90.7 billion by 2026, expanding by 6.8 percent.* The impact of COVID-19 is likely to further raise wellness investments because they are now crucial to the Return to Work Journey.

Corporate wellness initiatives solely targeting health risk factors will need to shift focus to higher calibre well being, health and safety programs in order to attract and retain staff, instil confidence in leadership, and meet more stringent green / clean building requirements.

*Grand View Research February 2020
Workplace Arrangement: From Agile to Rigid

As we explore the general willingness to be in common spaces, and those of people and companies reluctance to use coworking spaces and shared office settings as part of their real estate and workplace needs, the following is our forecast:

Initial cautionary approach to interacting with these spaces; heightened awareness of ‘best practice’ and adjusting to how we work. Companies will be expected to conduct a thorough analysis of the current workplace arrangement to see how it can be adjusted most effectively to mitigate fears surrounding transmission and hygiene. Developing a new ‘normal’ that takes existing models of working and workplace arrangements and modifying them to be aligned with our new consciousness – greater appreciation for dedicated workspaces both in the workplace and at home and our understanding of how viruses are transmitted. More consideration will be had for the potential impacts of using coworking spaces and shared offices – looking at cost versus benefit for both individuals and the organisation with regards to wellbeing.
Communications: From Unified to Remote

With social distancing being the most effective way to combat the spread, meetings and collaboration will take place in new and evolving forms. Connections and interactions with others are essential to our social health, yet it is this element of life that is currently most at risk. Organisations will need to shift their focus to maintain a positive state of overall wellbeing for employees by encouraging mindful activities, regular virtual social interactions, open conversations about how employees a being impacted by change and demonstrating care for your peers.
Safety Protocols: From Tolerant to Proactive

As we live through a cataclysmic event that has caught us all completely unaware, we are preparing for a different world that cannot be fully defined or fixed. We are moving to a constantly changing world where our protocols for safety and health will no longer be tolerant to “good enough” but strive to excellence. There will be new values and expectations that will be built around our safety standards and protocols that are ever evolving normal.
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