UOM S.E. Asia Centre Newsletter If you cannot read this email, click here. Summer 2020 Edition MANCHESTER 1824 Manchester Worldwide South East Asia **UOM S.E. Asia Centre Newsletter Summer 2020 Edition** Re-opening of the From the Director's Desk **Updates from the University** Manchester Worldwide S.E. & Latest Manchester Efforts As the first half of the year passes us **Asia Centre** for the COVID-19 Pandemic by, we would like to take this time to The Manchester Worldwide (S.E. Asia) The Alliance Manchester Business celebrate the successful events we have held, as well as to reflect on... office has officially re-opened from 20th School (AMBS) hosted four online July 2020 following our temporary... graduation celebrations in the last... **Read more Read more Read more Recent & Upcoming Welcoming Our New Intake Health and Wellness Activities** On 9th July 2020, we were pleased to In uncertain times such as these, it is virtually welcome our new students from important for us to continue to maintain This year, on 27th June 2020, the our wellbeing, adapting our bodies and the Manchester Global MBA July 2020 UOMAAS and the MBSAAS worked intake via Zoom. To start things off, the minds to combat stress more alongside Hopes in Meals in their inaugural joint event, gathering 25 students were given an introduction... effectively.... volunteers... Read more Read more Read more snag a TOGETHER \$100 ONGER SINGAPORE NDP 2020 **GIFT CARD MSc Financial Management** The Hive - Our Exclusive Happy National Day, **Referral Programme** Singapore! Are you seeking a change in career into the financial sector or are you a finance Did you have a rewarding experience as Happy National Day to our professional looking to step into a Singaporeans and fellow Singapore a Global MBA student? Know of any management level role? Our newly friends or colleagues looking to hone residents! As we celebrate National launched, part-time, MSc Financial their skill-sets or move ahead in their Day, we reflect upon the importance of Management... career? Get involved to earn rewards! togetherness... **Read more Read more Read more** From the Director's Desk LIM, Bee Ing Regional Director, The University of Manchester Southeast Asia Centre As the first half of the year passes us by, we would like to take this time to celebrate the successful events we have held, as well as to reflect on the many trials and tribulations that we have collectively persevered through in this uniquely challenging landscape presented by the global pandemic. We are proud to see our students and alumni supporting each other through this crisis, as well as achieving excellent results while adapting to new mediums of teaching and assessment. In uncertain times such as these, it is important for all of us to learn to adapt to a swiftly changing environment, acquiring new skills and familiarising ourselves with new technologies so as not to be left behind in the rapidly digitising world. As we prepare to usher in a new normal, we are proud to announce that we will be launching a new MSc Financial Management Programme at the centre in the next year, and look forward to sharing more details about this programme with you in time to come. Amidst these hectic times, we were heartened to see the University of Manchester Alumni Association of Singapore (UOMAAS) and the Manchester Business School Alumni Association of Singapore (MBSAAS) coming together for their inaugural, jointly organised event in June. The two associations delivered meals to vulnerable elderly in need, partnering with Hopes in Meals as part of the University's yearly volunteering programme, the Manchester Day of Action. The initiative aimed to lighten the elderly people's financial burdens, reducing their exposure by protecting their health during these unprecedented times. As social responsibility is one of our core values, we at the University are always committed to helping those in need, and hope to continue to make a difference to the social and economic well-being of our communities. Here at the Centre, in adherence to local government directives, our team of staff have been working from home to help curb the community spread. During this time, we have arranged for various panel discussions, career development webinars and other events in conjunction with esteemed alumni speakers on topics relevant to the current business climate so as to address the needs of our Manchester community. We recently conducted an insightful panel discussion on Business Outlook and Sustainability Through a Global Pandemic with our delightful panellists Mr Edmas Neo, Mr Peter Lee, and Mr Sunil Rai, as well as moderator Mr Elangovan Karuppiah. We also conducted a series of career development webinars on topics such as Creating Your Personal Brand on LinkedIn with the wonderful Ms Andrea Abbate and Mr Adam Bawany, as well as How to Actively Manage Your Career in Times of Crises, hosted by the engaging Mr Pan Zaixian, with more exciting events to come in the near future. Our alumni associations have also been busy organising events for our local and regional communities, with UOMAAS, MBSAAS and the University of Manchester Alumni Association of Malaysia (UMAAM) hosting a number of thoughtful webinars in order to support our Manchester community and enable them to gain relevant skills and master strategies to cope with the fast-evolving business environment. In lieu of physical meet-ups, the MBSAAS has also organised a virtual get-together for our students and alumni. Finally, we would like to congratulate our graduands who have worked hard to achieve brilliant results in June, it is our absolute pleasure to see their triumphs through adversity, and we are confident of their future successes as they make the transition to being part of our supportive alumni network. We would also like to welcome our new students from the Manchester Global MBA July 2020 intake to our ever-growing Manchester family at our virtual Welcome Event in July. As the centre re-opens, we kindly invite you to abide by the guidelines we have carefully devised to make your health and safety our utmost priority. We hope that you and your families continue to take care during this crucial time. Stay tuned for updates and our latest developments, and we look forward to seeing you again at our future events as we face the approach of a new normal together. Re-Opening of the Manchester Worldwide S.E. Asia Centre Centre Re-Opening from 20th July - COVID-19 Update The Manchester Worldwide (S.E. Asia) office has officially re-opened from 20th July 2020 following our temporary closure in line with the Singapore government's guidelines due to the COVID-19 outbreak. We have been working hard on creating the most conducive environment for the re-opening of our office whilst upholding good safety and hygiene measures in line with the latest advisories issued by the Singapore government and the Committee of Private Education (CPE). We kindly invite you to take heed and adhere strictly to the centre visitation guidelines, as well as the health and safety measures listed below to ensure a safe environment for everyone. **Visiting the Centre** Room reservations are If you intend to visit the available on weekdays only. Our opening hours will office, do drop us an email Please email us 3 working remain from Monday to at least 1 working day days before your intended Friday, 9:30am to 6:30pm before the visit, with the booking with the date and date and time of your time as well as the no. of arrival. people in your booking (max 5). **Health and Safety Measures** Install a QR Code Reader/SingPass mobile app to complete the mandatory SafeEntry Check-in/Check-out upon entry/exit to the building & entry/exit to the centre. Do bring your identity card with you as well. After you have checked in, show the staff at the reception that the process of SafeEntry has been completed, and proceed to complete the mandatory travel declaration form located at the reception at the office, filling out all fields accordingly. Ensure that your temperature is taken by one of the centre staff when you arrive at our premises. If your stay exceeds 4 hours, you will need to take your temperature again. If your temperature is above 37.5 degrees, you will be requested to leave the premises and encouraged to seek medical advice immediately Masks must be worn at all times while you are at our premises and mandatory physical safe distancing of 1 metre will apply throughout the premises. Wash your hands regularly and use the hand sanitisers located around the premises. **Updates from the University WELCOME GLOBAL MBA GRADUATION CELEBRATION AMBS Global MBA Graduation Celebration July 2020** The Alliance Manchester Business School (AMBS) hosted four online graduation celebrations in the last week of July, breaking down physical barriers to provide a platform for our graduants to celebrate virtually on *Zoom* with fellow graduands, AMBS colleagues, as well as their families. The Manchester Global MBA graduation celebration was held on 29th July 2020 in recognition of the efforts of our recent graduands and the achievements they have garnered as a result. For more information, or to view a recording of the graduation celebration, click here. Phased Re-opening of the University of Manchester Campus (UK) The University is due to open in September with safety measures in place, including mandatory 1 metre physical distancing. During this time, some non-essential facilities will still remain closed. The UK GMBA Team has also added a new page to the Student Information Area under 'Coronavirus Restrictions and Travel Advice', which will be updated on a weekly basis. Students will also continue to receive term updates every Friday via email, with all UK support staff continuing to work remotely to support our students. Please rest assured that you may still get in touch with our UK staff via email (gmbasupport@manchester.ac.uk) and they will respond to your queries as soon as they can. For urgent queries, do cc-copy the Singapore Student Advisory Team (studentsupportsg@manchester.edu.sg). Latest Manchester Efforts for the COVID-19 Pandemic Our many researchers, teachers, students and professional service staff have been combining their knowledge in order to assist with the local community efforts, as well as contribute to national and international efforts in combating the pandemic. Read about some of the University's latest news, projects and insights garnered from tackling the coronavirus and its impacts below. Survey suggests aerosol is significant form of COVID-19 transmission Early results from a survey of 2000 people in the UK and US has suggested that the COVID-19 transmitted through aerosol transmission is materially significant. The survey analysed by a team of data scientists in the UK, Norway and the US is one of the first to examine a wide range of personal and work-related predictors of transmission. Read more here Manchester doctors play leading role in **COVID-19 drug research** In July, Manchester doctors played a pivotal role in finding the first drug shown to increase survival rates of people hospitalised with COVID-19. The low-cost drug, Dexamethasone, appeared to be particularly helpful for those suffering from significant respiratory complications. Read more here New tool computes risk of getting COVID-19 More than 150 experts from 35 countries have developed an online tool that allows anyone to calculate their risk of contracting and spreading the virus that causes COVID-19. The tool – called 'Your COVID-19 Risk' – helps estimate the risk you may be putting yourself -and those around you- of contracting and spreading COVID-19. Read more here **Welcoming Our New Intake** On 9th July 2020, we were pleased to virtually welcome our new students from the Manchester Global MBA July 2020 intake via Zoom. To start things off, the students were given an introduction to the programme by Ms Christine Kartika, Team Lead (Student Advisory Team, S.E. Asia Centre). This was followed by a sharing session by Ms Grace Chua, Senior External Relations Specialist (Alumni & Careers, S.E. Asia Centre) on the events and activities organised by the centre and in the region, as well as giving a brief introduction of the alumni communities in the region. Events & Activities The session continued with an alumni sharing session with Ms Lai Lock See, and the introduction of the Manchester Business School Alumni Association of Singapore (MBSAAS) by Ms Nicole Tretwer (Hon. Secretary, MBSAAS). The session concluded with a Q&A in which some of our new students raised some astute questions. We were glad to see the new cohort of students participating in the event and hope to meet all of you at the S.E. Asia Centre soon! **Health and Wellness** In uncertain times such as these, it is important for us to continue to maintain our wellbeing, adapting our bodies and minds to combat stress more effectively. Below we have compiled some tips on how you can make use of this opportunity to encourage the development of healthy habits and to retain them beyond the gradual easing of restrictions. **Keep to a Positive Mindset** Feeling upended by the changes you have made to your lifestyle due to the current global circumstances? This is perfectly normal, and psychologists believe we may emerge from this situation with more authentic interactions and stronger resilience, so long as we continue to think positively and consciously change our negative thoughts to promote more personal growth. Channel your negative thoughts into constructive actions to help improve your confidence and boost your self-esteem via taking on new projects. Don't be afraid of starting small and taking enjoyment from the little things, keeping your goals flexible to match your availability and buoy up your spirits! **Focus on the Present** Alongside positive thinking, be mindful of the present and gain awareness of what's going on around you. Observe your reactions to the current situation to help you better understand yourself and what truly matters to you. Don't forget to take time off from your busy lifestyle to look inward and improve your concentration and productivity via methods such as meditation or mindful exercises to help put your body and mind in a state of relaxation. Check out websites such as <u>Headspace</u> or <u>Calm</u> for ways to employ active mindfulness or mindful meditation. **Find New Ways to Employ Your Strengths** Pay attention to your personal and professional character strengths to hone them to new heights! Research shows that employing your strengths improves well-being because it broadens your scope of abilities and helps you builds a stronger sense of self, authenticity and vitality. Analyse what your personal strengths are by looking into your past successes, and take this time to evaluate yourself so as to be able to make key determinations about your personality and general outlook on life. Maintain a Healthy, Balanced Lifestyle During periods of remote working, it can be easy to neglect our physical activity, since there is less of a need to move around. However, it is important to remember that physical activity is also beneficial to our mental and emotional wellbeing as it helps foster better quality of sleep, increases in energy levels and may even help you connect with nature, if you exercise outdoors. Alongside exercise, paying attention to your nutritional intake and establishing a good sleep routine will also help you achieve a healthy mind. Reach Out to Those Who Matter to You The uncertainty of the future has made many of us re-think our priorities, enabling many of us to connect on a more emotional level with the people we care about. As some of us transition from working from home to going back to the office, it is important not to lose sight of our friendships and family bonds, as studies have shown that happy people have stronger relationships and stronger relationships lead to greater happiness. Schedule video calls, hold virtual game nights or even organise virtual coffee breaks to maintain a sense of connectedness among your network. **Acts of Kindness** Research tells us that performing an act of kindness triggers the release of a feel-good chemical called oxytocin. This stimulates the area of your brain associated with social connection and trust, which correlates to the generation of positive feelings. Being kind to others has also been proven to increase feelings of self-worth, aside from the obvious benefits to those in need. Engage in random acts of kindness or give back on a larger scale by way of volunteering or donating to local organisations to support your community! Most importantly, don't forget to be kind to yourself. **Recent Activities Manchester Day of Action 2020** Manchester Day This year, on 27th June 2020, the UOMAAS and the of Action MBSAAS worked alongside Hopes in Meals in their inaugural joint event, gathering 25 volunteers on the day to An initiative by deliver meals to the elderly around the Lavender estate **UOMAAS** and during lunchtime and dinnertime, giving back to our local **MBSAAS** community to help reinforce the university's commitment in making a positive impact on the world. The initiative aimed 27 June 2020 to reduce the local elderly's financial responsibilities, as well as to help keep them physically safe, and to ensure the elderly are aware of a point of contact to reach out to if they are lonely. As always, we are thankful for our alumni and students' unwavering dedication to being socially responsible, and helping those in need. **Career Development Webinar: Creating Your Personal Brand on LinkedIn** Linked On 28th July, the Centre hosted a career development webinar to shed some light on Personal Branding on The world's largest professional social media platform LinkedIn, as well as the intricacies of navigating the extensive platform to your best advantage. Our esteemed alumni, Ms Andrea Abbate, Head of APAC Sales **690**M 200 Enablement at LinkedIn and Mr Adam Bawany, Senior Consultant, Sales Solutions, APAC & Social Impact, Singapore Lead at LinkedIn, shared their invaluable knowledge with over 56 participants attending throughout the region. Check out snippets of the session <u>here</u>. **Career Development Webinar: How to Actively Manage Your Career in Times of** On 16th July 2020, the Centre hosted an exclusive webinar on How to Actively Manage Your Career in Times of Crises with Mr Pan Zaixian, our esteemed alumnus and Headhunter at PAN & CO. During the session, Zaixian discussed past global crises as well as what to expect of the hiring landscape in Singapore in the wake of Covid-19, with 57 attendees turning up for the virtual session from the region. Check out a clip of the session here. **Panel Discussion Webinar: Business** Outlook and Sustainability Through a **Pandemic** The centre organised a virtual panel discussion via *Zoom* on 2nd July with our highly respected alumni moderator and panellists, Mr Elangovan Karuppiah, CEO for Regional Solutions & Services Middle East/APAC at Siemens Smart Infrastructure and Head of Siemens Smart Infrastructure ASEAN, Mr Edmas Neo, CEO of Action Community for Entrepreneurship, Mr Peter Lee, Head of Enterprise Strategy & International Business Development at TranSwap and Mr Sunil Rai, Partner at Dentons Rodyk & Davidson LLP and Accredited Mediator. Our speakers had insightful discussions on the local business environment, the move toward telecommuting and accelerated digitalisation as well as recommendations regarding sustainability measures. For more information and to check out a clip of the discussion, click here. **MBSAAS Digital Webinars Jun - Jul 2020 MBSAAS** Between June and July 2020, the MBSAAS organised a Entrepreneurship number of insightful, business focused virtual sessions for **Journey Series PRESENTS** the Manchester community. The first exclusive session on Career Inside Track: Develop Your Strategy, was held with special guest speakers Adrian Choo and Sze Yen, where participants were encouraged to ask career-related questions. In June, Mr Melvin Chia, an MBSAAS homegrown Entrepreneur from Brydan Group & Youth Inspired Consulting shared his thoughts on managing remote teams and entrepreneurship in times of crises. In July, they hosted a webinar with Mr Terence Tan, Head of Business Development and Education at IG Asia, on how to Diversify Your Income using Technical Analysis in the Covid-19 market, with 34 attendees present in the session. **UOMAAS Digital Webinars May - Jun 2020** During May and June 2020, the UOMAAS graciously organised an exclusive virtual live discussion as well as a CAREER CHALLENGES IN subsequent intimate webinar. The first live panel discussion THE PANDEMIC ECONOMY: on Career Challenges in the Pandemic Economy: A A SINGAPORE PERSPECTIVE Time: 6pm to 7pm Singapore Perspective, was led by the President of Post Covid-19: REskilling and UPskilling UOMAAS, Mr Alex Chan, alongside other senior members for career opportunities in Tech and panellists, Mr William Liu, Mr Tang Hian Seng, and moderator, Mr Andrew Koh. The second session A WEBINAR BY UOMAAS thoughtfully explored the topic of Post Covid-19: Reskilling Date: 11 June (Thu) and Upskilling for career opportunities in Tech, exploring Time: 6 to 7.00pm sectors with unfulfilled demand and potential in the economy. The session was hosted by industry experts, Mr Howie Lau, Chief Industry Development Officer at Infocomm Media Development Authority (IMDA) and Mr Tan Teng Cheong, Honorary Secretary at the Singapore Computer Society and seasoned Enterprise IT professional, with Mr William Liu serving as moderator. **UMAAM Digital Webinars May - Jul 2020** RAISE From May to July 2020, the UMAAM organised a series of YOUR free, virtual webinars via Facebook Live or Zoom in order to **GAME!** support the local Manchester community and to provide upto-date knowledge to guide them in navigating the current global environment. Their inaugural webinar on Maximising LinkedIn to showcase one's career accomplishments by Mr What skills are required in a COVID-19 world? Yandaro Al Amien, LinkedIn Influencer and Founder of PopConFest, had a great turnout of 53 attendees. They digital marketing then held subsequent webinars on What skills are required in a COVID-19 world by alumnus Mr Tang Tze Chin, experienced Agile practitioner, Coach and Trainer, Raise Your Game by Dale Carnegie & Associate, Inc (USA) featuring Dr. Seetha Nesaratnam and Beyond Pandemic -Planning for the "new normal" with Mr Niki Gwee, Community Engagement Champion for BSI Malaysia,



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the session.

the New-Normal

click here for more information.

MBSAAS Social@M Virtual Get Together

To address the lack of physical interaction and to encourage interconnectivity within the Manchester community, the social arm of MBSAAS, Social@M, hosted a July Virtual Get Together on Zoom on 23rd July 2020 for the students and alumni of AMBS in the region, for participants to reconnect with each other and to reinforce the bonds that make being part of the Manchester family special. We were glad to see both new students and alumni joining in during

**Rebooting Your Human Connections in** 

The Manchester Worldwide S.E. Asia Centre would like to extend an invitation to all students and alumni to attend the next in our series of career development webinars on 27th August 2020, where our esteemed alumnus, Mr Tang Tze Chin, Founder and Principal Consultant at FutureWork, will

be sharing his thoughts and techniques on 'Rebooting Your

Human Connections in the New-Normal'. The session will be hosted via the *Zoom* virtual meetings platform. Please

**UMAAM Annual General Meeting 2020** 

Malaysia (UMAAM) would like to invite students and alumni in the region to join them for their 3rd Annual General

Meeting (AGM) to reflect on the activities of the UMAAM for

the period of 2019 – 2020. During the AGM, the UMAAM

will also be electing new members to the Committee. The

AGM will be held virtually via the Zoom meetings platform.

Please click here for more information.

The University of Manchester Alumni Association of

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From all of us at the centre, we wish you a joyous celebration and hope you enjoy the time off with your friends and families!

If you choose not to receive these messages, please <u>Click Here</u> to unsubscribe.

^^ You will receive S\$1000/S\$1500 worth of shopping vouchers only when you successfully refer 2/3 of your

Contact the Admissions Team to find out more. Drop us an email at <a href="mailto:mbaenquiries@manchester.edu.sg">mbaenquiries@manchester.edu.sg</a>.

\* Only for referrals onto any of the January 2021 Global MBA programmes. The S\$100 shopping voucher(s) or iTunes Gift

c. To comply with the PDPA Act 2012, we will write to your referee to request for his/her permission to receive further

**Happy National Day, Singapore!** Dear All, Happy National Day to our Singaporean students and fellow Singapore residents! As we celebrate National Day, we reflect upon the importance of togetherness and solidarity, qualities that have helped our

Manchester Worldwide Institute of Higher Education (South East Asia)

Email: mbaenquiries@manchester.edu.sg

Manchester community thrive through these difficult times.

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Period: 28 September 2016 - 27 September 2020

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