

Health, Nutrition and Learning

About Alpha Catalyst Consulting

Alpha Catalyst Consulting (ACC), founded in the year 2000 is an Asian based innovation consulting company. ACC helps companies be more competitive by building their capability and capacity to innovate.

Through extensive research and consulting experience in Asia, Alpha Catalyst has pioneered a simple and pragmatic Innovation Framework to help companies that are curious to embrace the innovation agenda. Our insights have helped Asian organizations explore new approaches and ideas to innovate the way they innovate, whilst widening perspectives and embracing innovation without fear of uncertainty.

ACC, has worked in diverse industries ranging from banking sector, oil and gas right up to the telco industry and have been involved with projects in Malaysia, Singapore, Indonesia and in the Middle East.

We have worked with people from:



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LEADING INNOVASIAN™

EMBEDDING INNOVATION CULTURE IN MALAYSIAN ORGANIZATIONS

AZIM PAWANCIK
DR. SURAYA SULAIMAN

The need to innovate should no longer be questioned. Instead, it is about how to make innovation happen in Malaysian organizations, now. This book guides the reader on how to go about innovating in the Asian context, taking into consideration the operating environment and the Asian culture. Sharing data from a survey done on the Malaysian innovation climate in 2009, it highlights specific areas that need to be addressed, to shift an organization towards innovation. This book will help you:

- Demystify what innovation is
- Uncover the challenges faced by organizations in innovating.
- Explore the role of a leader in embedding an innovation culture.
- Embrace the right mindset to innovate.

"While the frameworks presented lay out a clear "process of innovation" that demystifies the concept of "innovation", the most powerful impact this book delivers is to spur Malaysians to be BOLD and EMBRACE INNOVATION - challenging us to believe in ourselves and not let our culture hold us back in any way."

Azran Osman Rani • CEO AirAsiaX

"Never before has a book tackled the subject of innovation in the Asian context so comprehensively. It is well laid out and offers an innovative approach towards incorporating innovation into the Asian culture!"

Rosman Hamzah • Director of Business Development,
Working for a European MNC

"Packed with practical guidance on how to lead innovation"

Edgar Phuhpartnam • Senior Vice President,
Technip Asia Pacific & Managing Director,
Technip Malaysia

"Azim and Suraya have written something fresh, pragmatic, relevant and current about the innovation climate in Asia particularly in Malaysia. The Malaysian Innovation Climate Survey and its findings provide some feedback on the driving and hindering factors for Malaysia's aspiration to move into an innovation economy from an employee's perspective. "Leading InnovAsian" is useful for policy makers, dreamers and doers, corporate executives, lecturers, students, and those interested in the innovation landscape"

Dr. Basim Ahmad • Chief Executive Officer,
Tayasan Inovasi Malaysia

"In a world where the word innovation is totally bastardized, Azim and Suraya have managed to put into context what innovation really is and what value it can bring. It is a great read for those that want to understand the subject as well as those that think they are experts in it already. If you think you are an expert, that is the first sign that maybe you are no longer innovative! As a struggling entrepreneur, I live and die by what they have said here."

Roslan Bakri Zakaria • Chairman, myHarapan,
Youth Trust Foundation



www.alphacatalyst.com

Dr. Suraya Sulaiman,
Principal Consultant,
Organizational Energy & Innovation

- MBBS (Malaya), MRad. (Malaya)
- Cert in Stress Management (UK)
- Medical Specialist and Consultant
- Specializes in personal creativity & effectiveness, stress & energy management.
- Design and execute solutions to help individuals and companies in overcoming challenging work situations

What we will cover

- What is stress?
- Why do you need to manage stress?
- How do you manage stress?

STRESS

Reaction to a situation

perceive you are

unable to cope

which results in physical, mental or emotional deterioration.

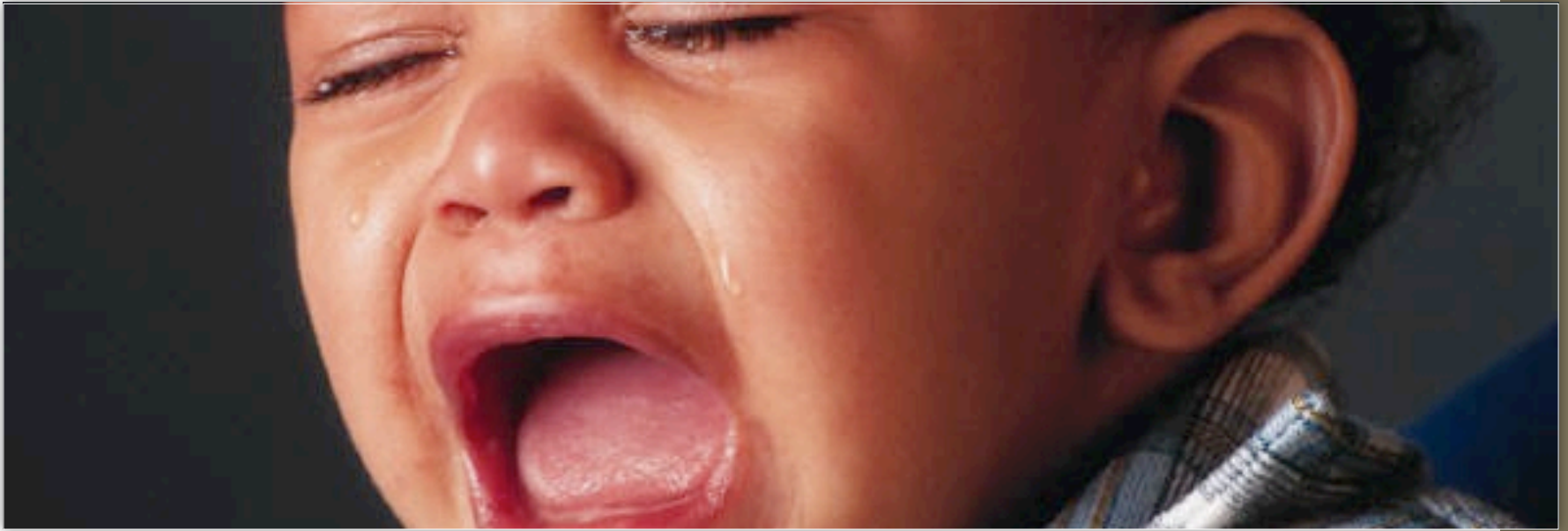
PRESSURE

Reaction to a situation

perceive you are

able to cope which

results in enthusiasm for new challenges.



What happens when you are
STRESSED?

Heart Beats faster to pump the blood more quickly to the relevant parts of the body to supply more energy

Blood The pressure rises as a result of the heart's increased activity
Clotting agents are released into it to decrease bleeding from wounds

Lungs Rate of breathing increases to keep up oxygen levels

Liver Cholesterol and sugar are released to provide energy

Brain Less blood flows; and not to the cerebral brain

Senses More alert to warn of danger

Pain reactions are dulled to protect initially if there is physical harm

Skin Less blood flow to minimize bleeding from wounds

Sweat helps to keep the body cool

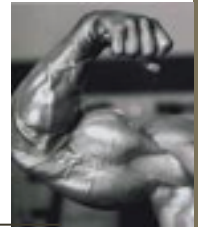
Muscles Receive more blood to supply energy for action (running etc.)

Digestive System Less blood flow; may result in indigestion

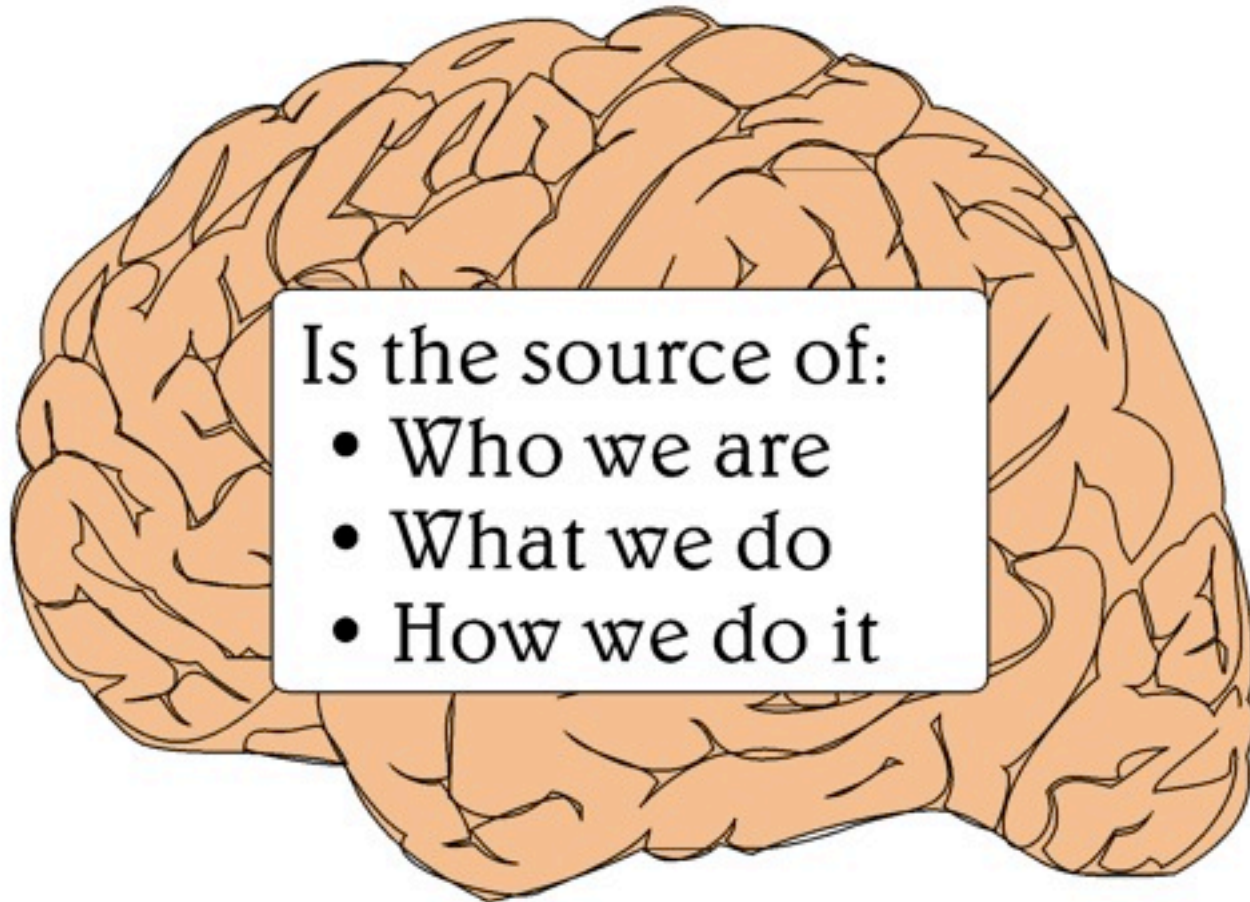
Bladder and bowel empty as they are not needed

Sex organs Not needed so there is less flow to it

Immune System Depressed, cannot function optimally



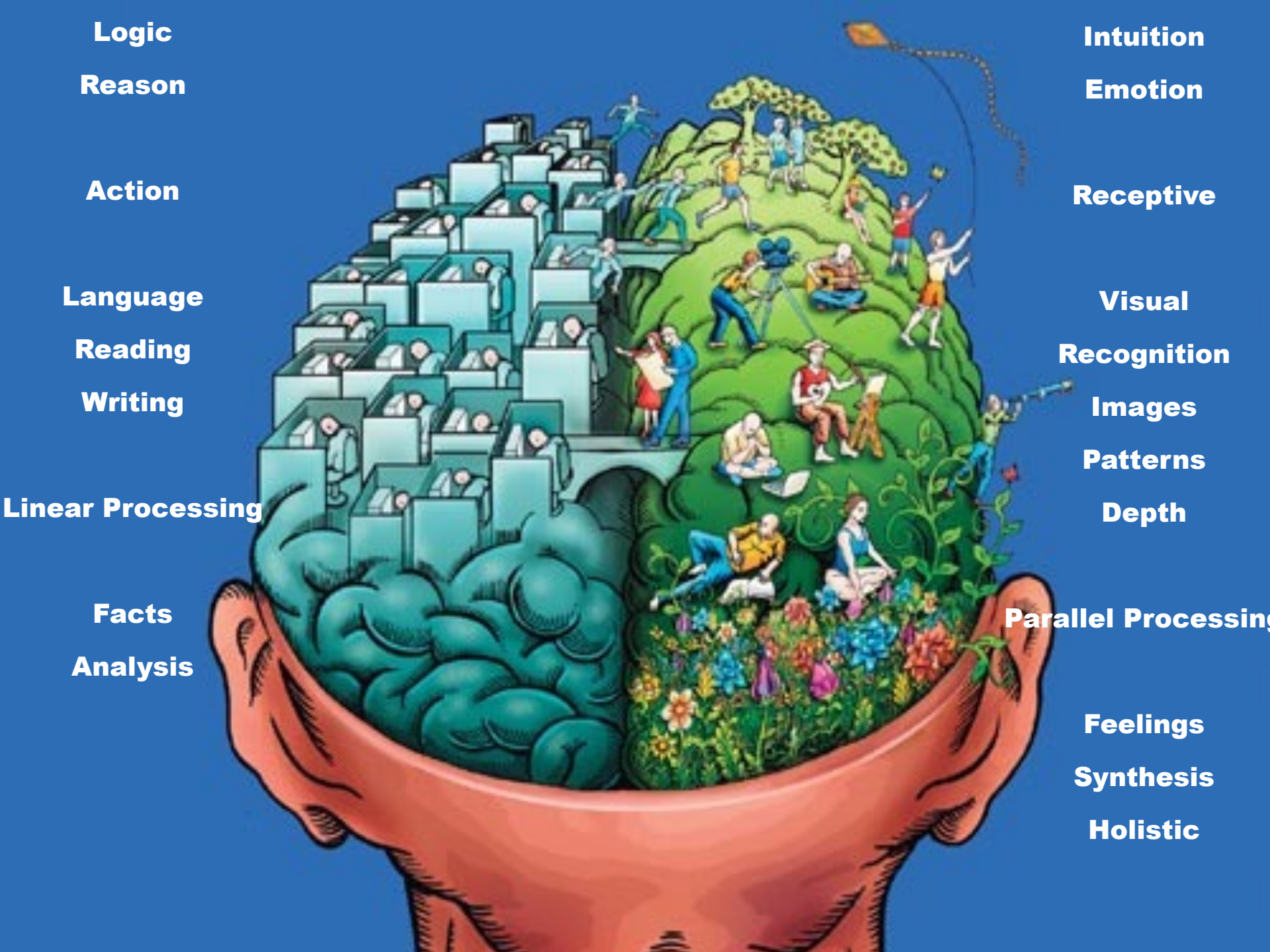
THE BRAIN



Is the source of:

- Who we are
- What we do
- How we do it

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Logic
Reason

Action

Language
Reading
Writing

Linear Processing

Facts
Analysis

Intuition
Emotion

Receptive

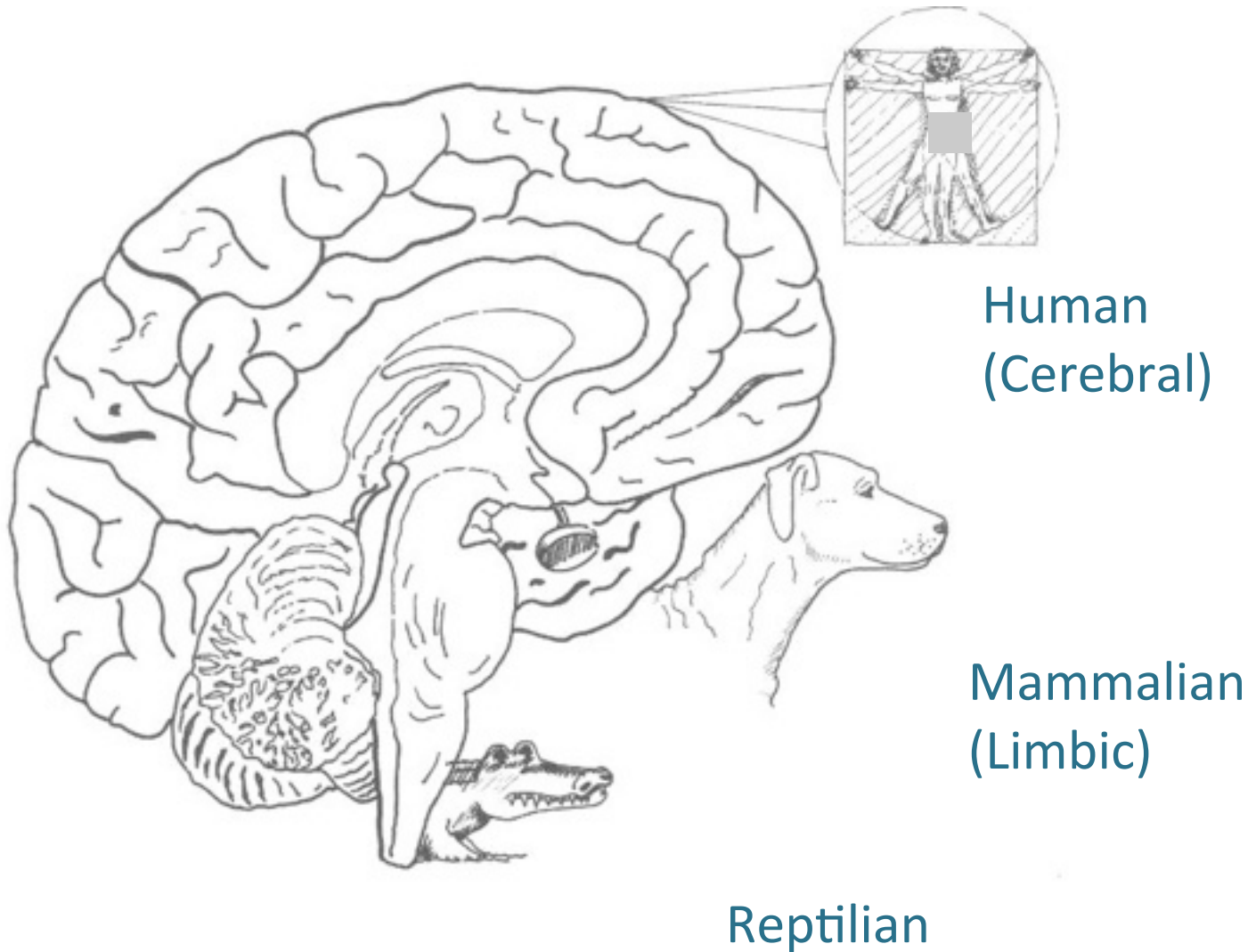
Visual
Recognition
Images
Patterns

Depth

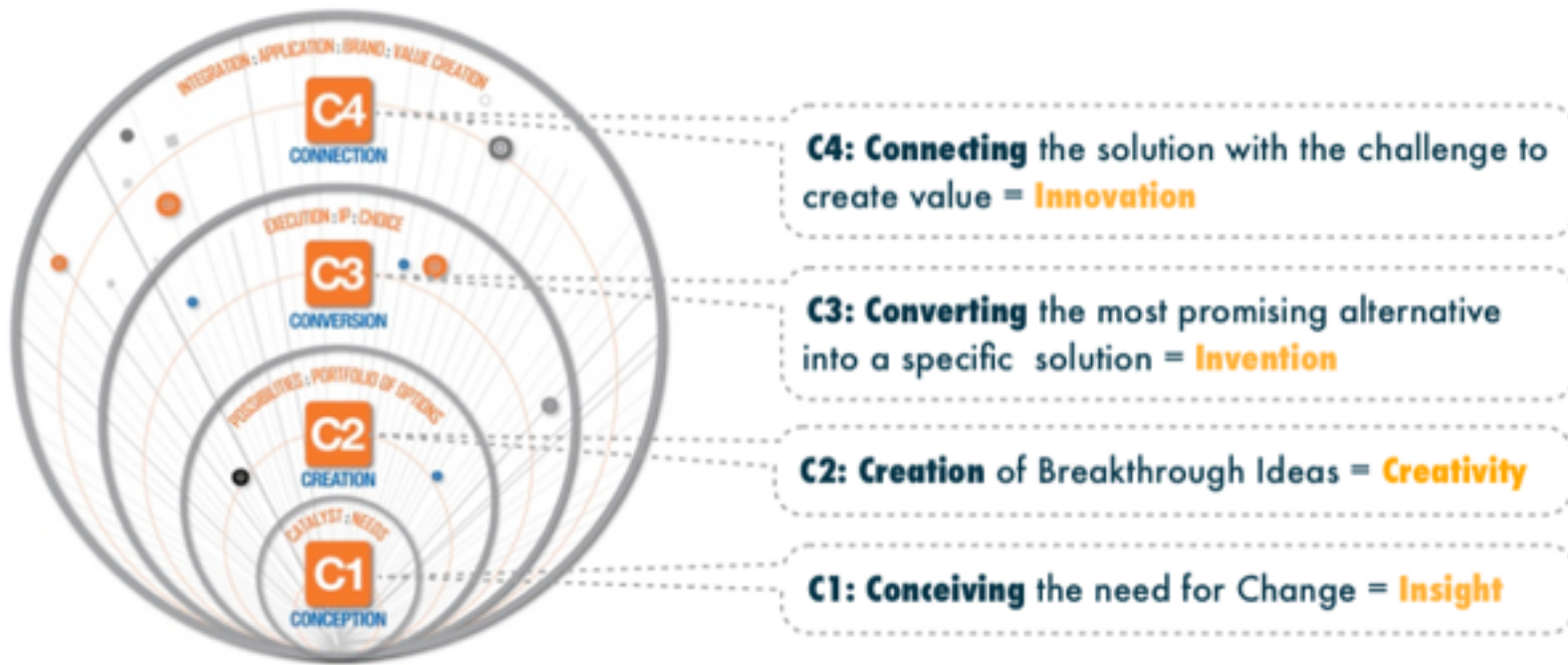
Parallel Processing

Feelings
Synthesis
Holistic

The Brain



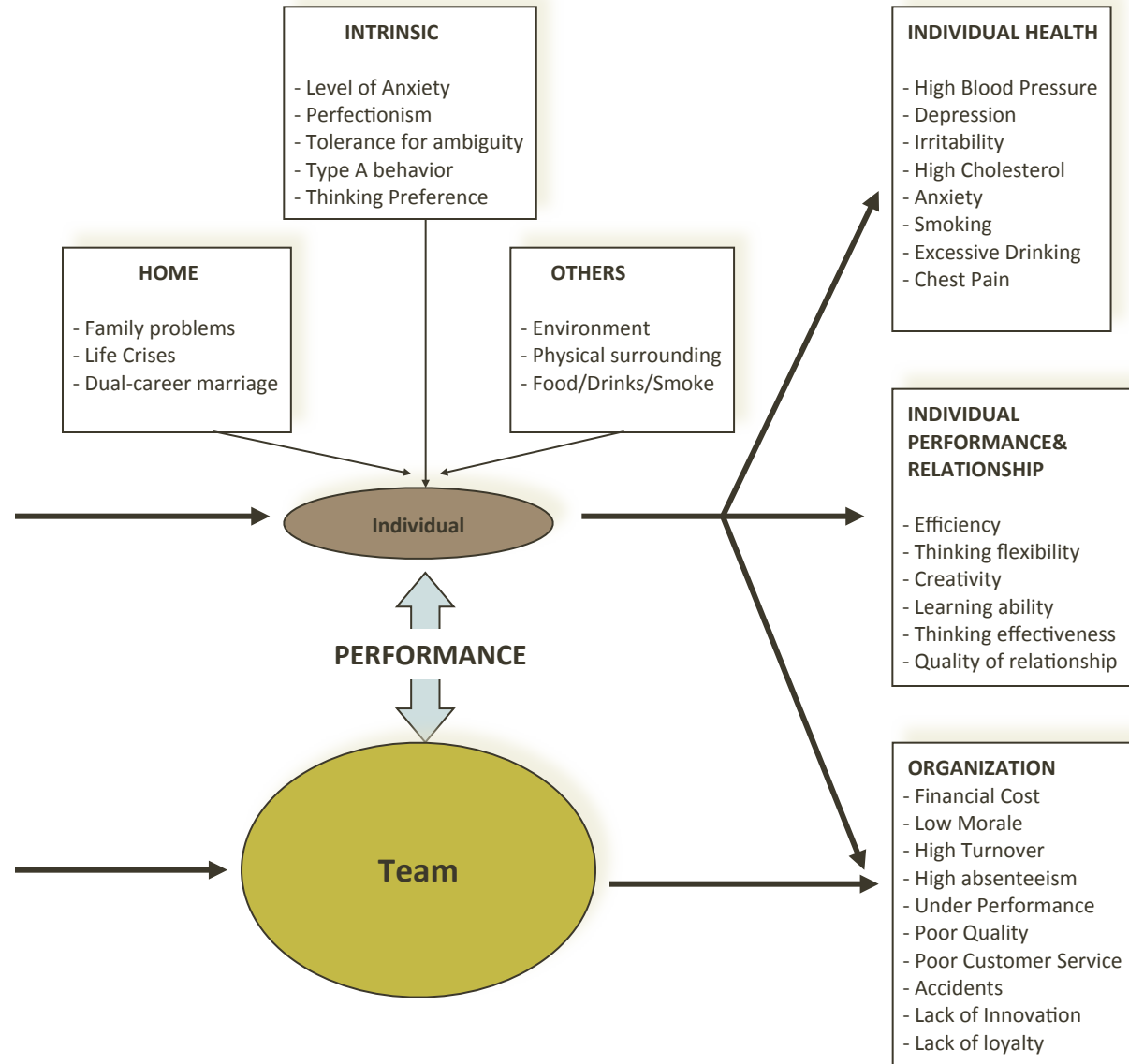
ACC's Innovation (&Change) Process



Catalyst for Change®
Innovation Process

WHERE CAN THE STRESS COME FROM?

- WORK**
- Intrinsic to Job**
- Work overload
 - Time Pressures
 - Responsibility Overload
- Travel**
- Commuting
 - International
- Role in Organization**
- Role ambiguity/Conflict
 - Image of role
- Relationships at Work**
- Poor relation with boss, subordinates, colleagues
 - Difficulties in delegating
- Career Stress**
- Under/over promotion
 - lack of job security
 - Thwarted ambition
- Organizational/leadership culture**
- decision making
 - leadership style
 - mergers & acquisition
 - organizational change



WORK

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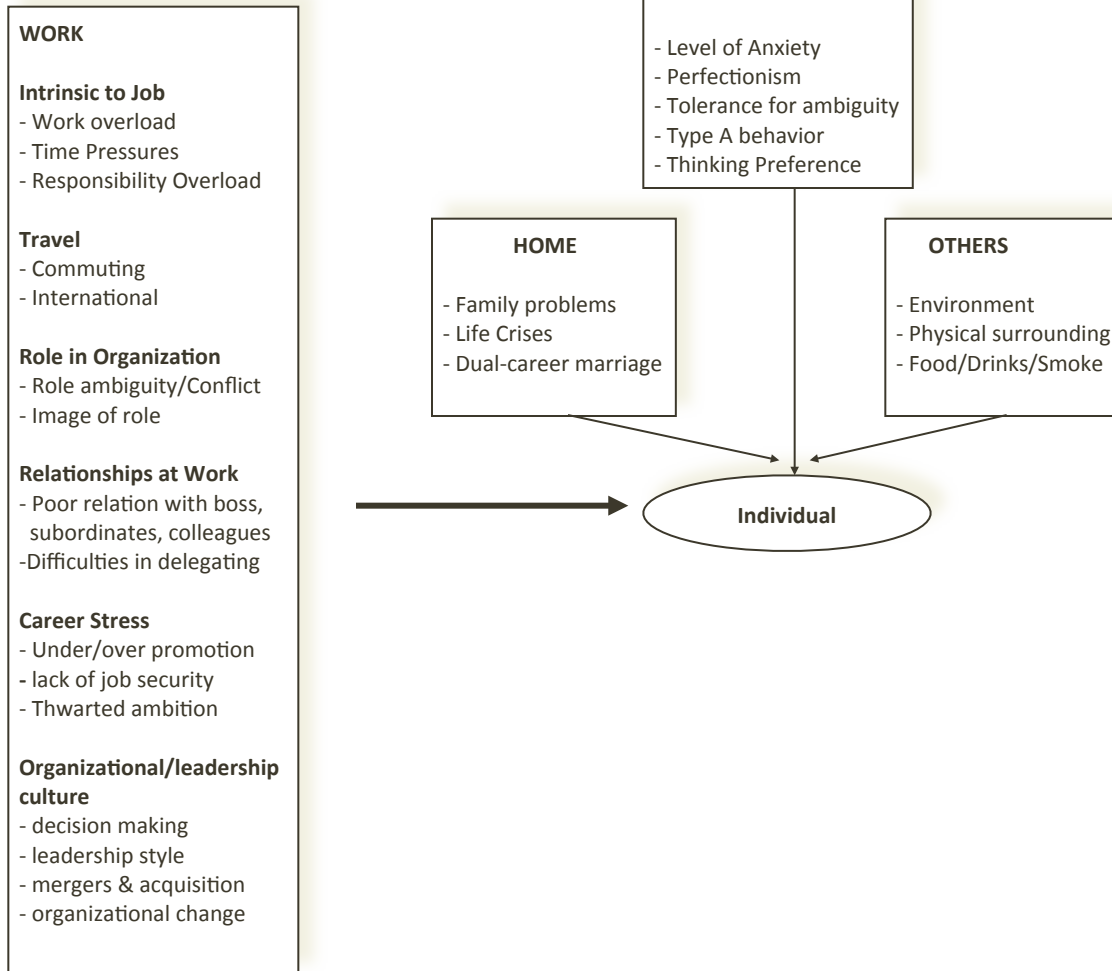
Organizational/leadership culture

- decision making
- leadership style
- mergers & acquisition
- organizational change



Individual

SOURCES



INTRINSIC

- Level of Anxiety
- Perfectionism
- Tolerance for ambiguity
- Type A behavior
- Thinking Preference

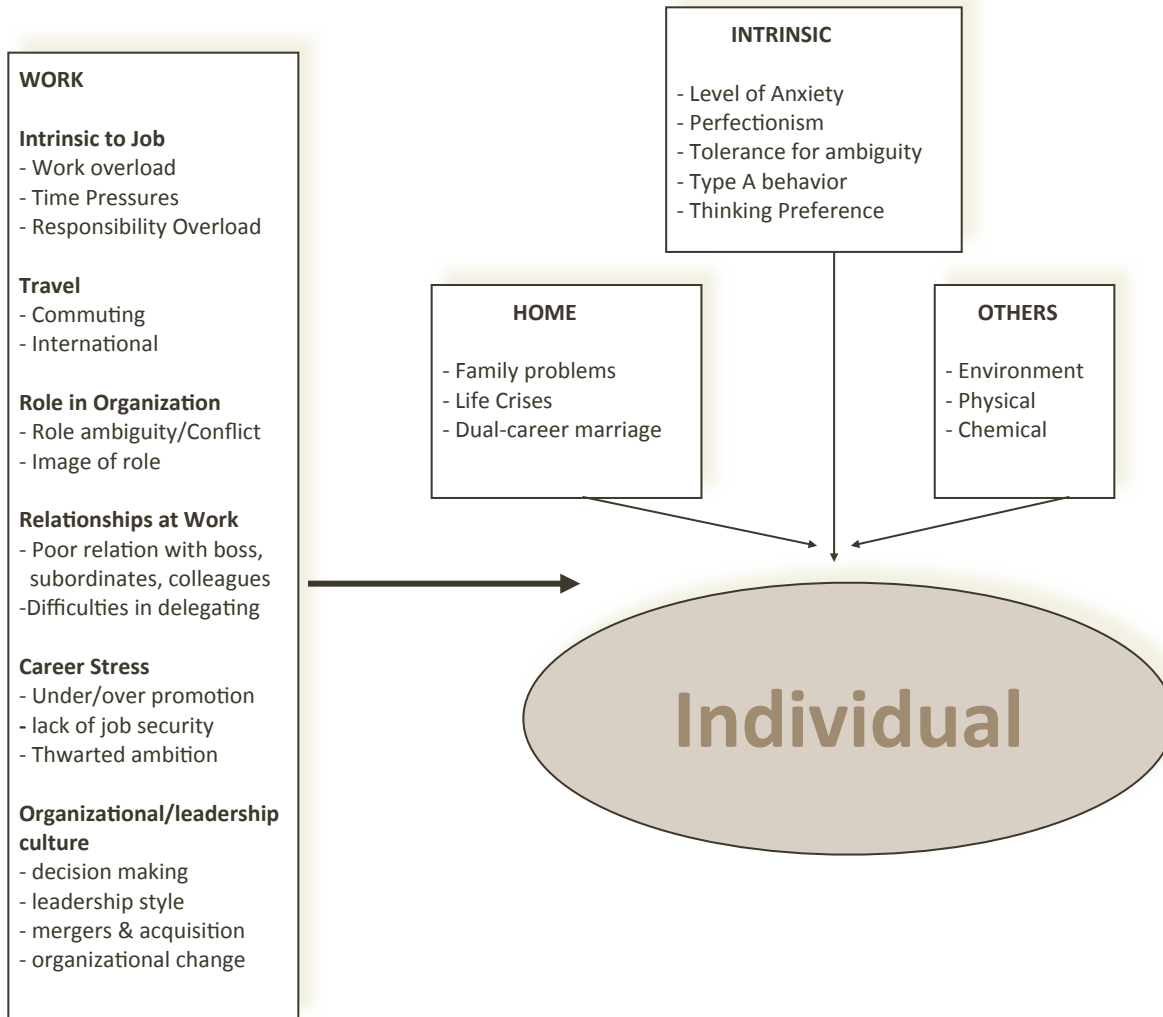
HOME

- Family problems
- Life Crises
- Dual-career marriage

OTHERS

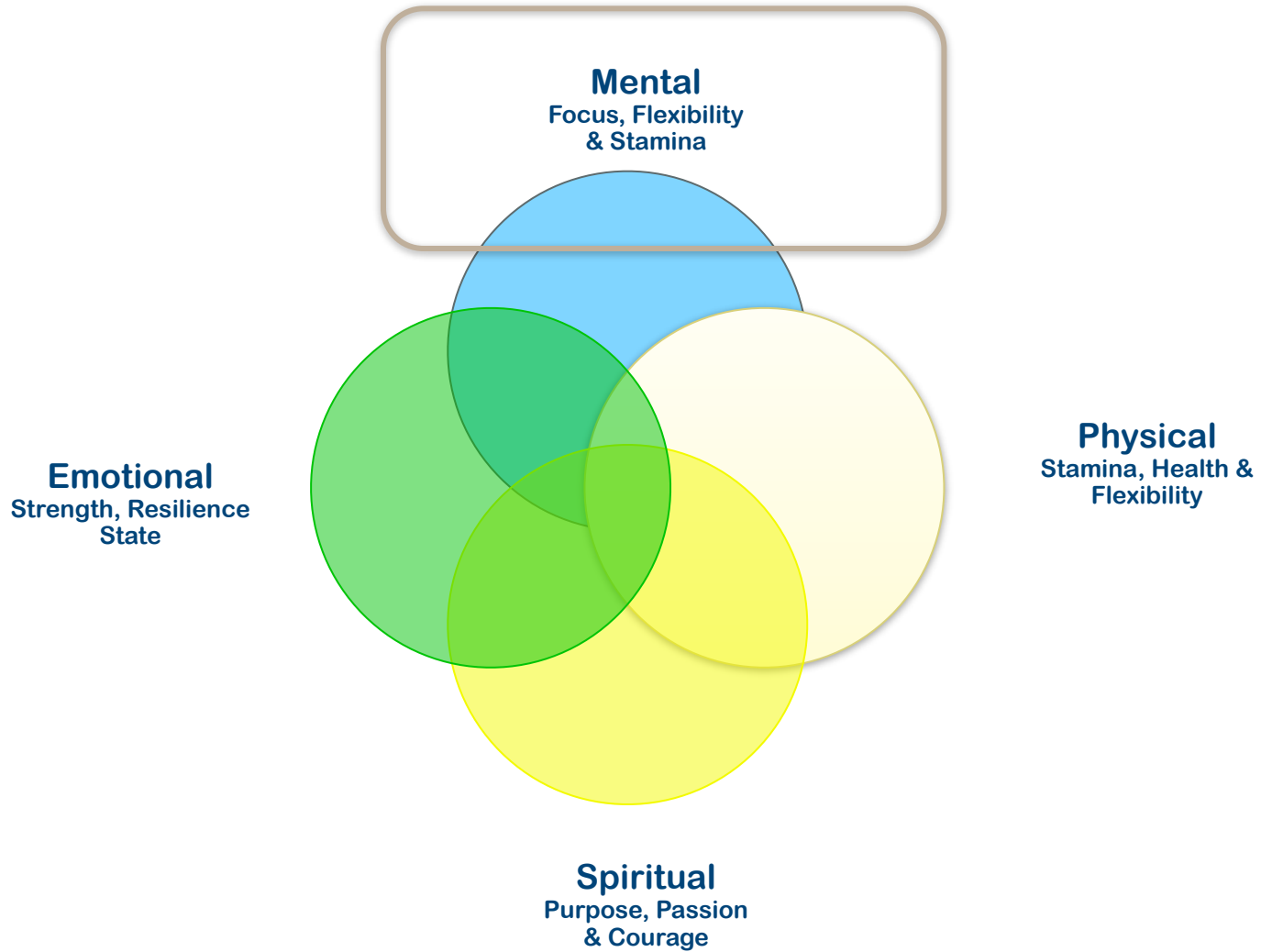
- Environment
- Physical surrounding

SOURCES

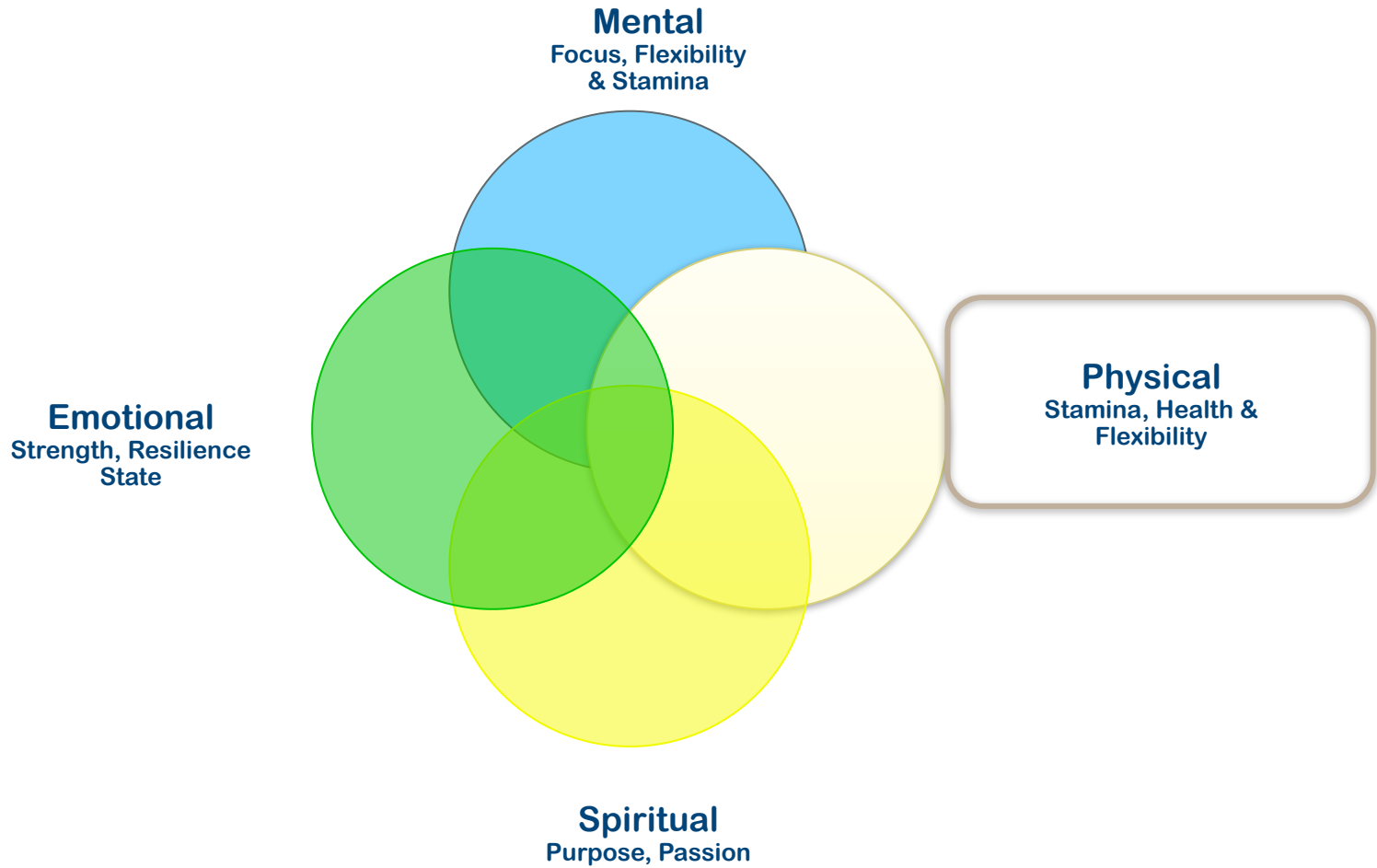


WHAT IS THE
IMPACT OF
STRESS
ON YOU?

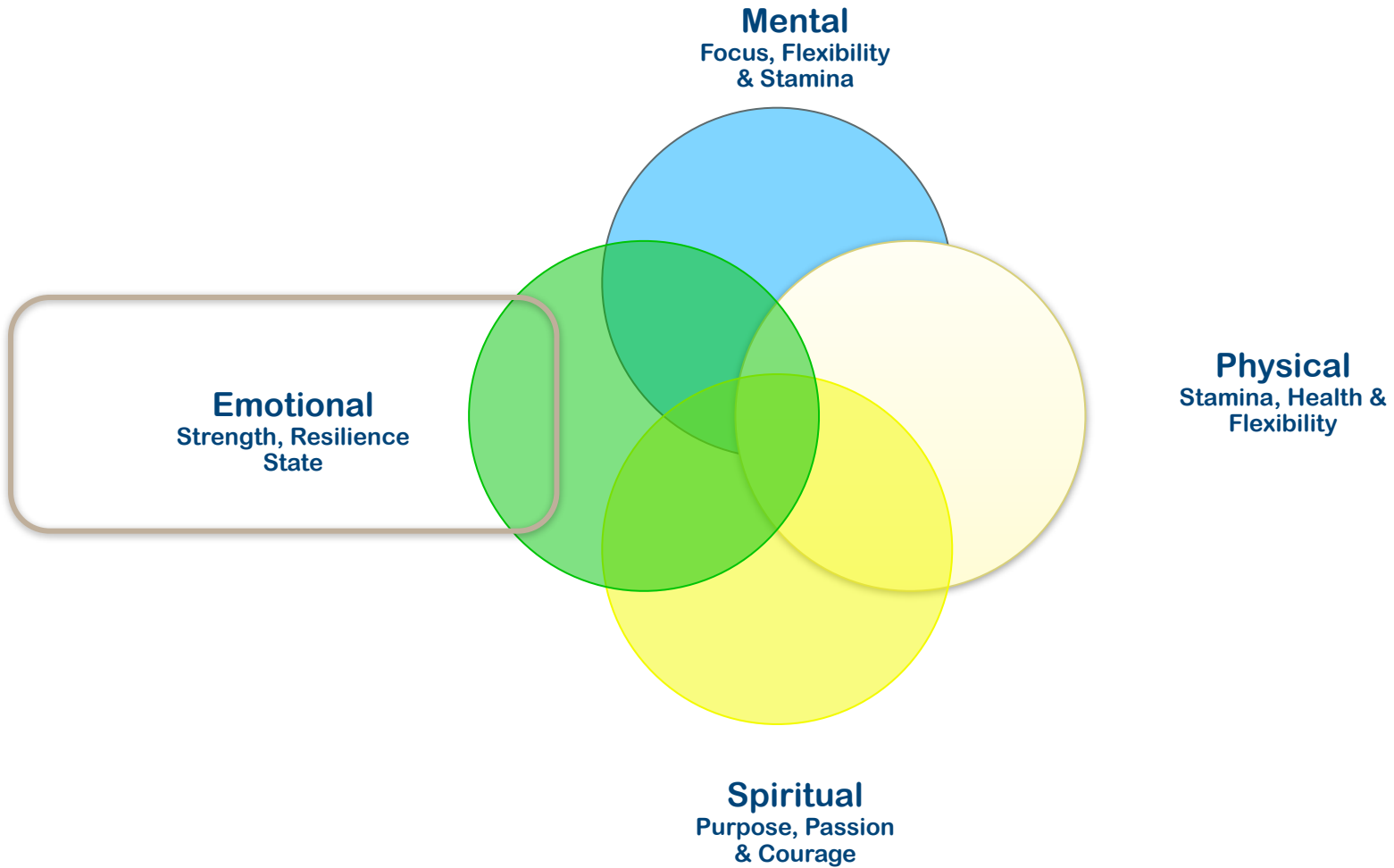
Health



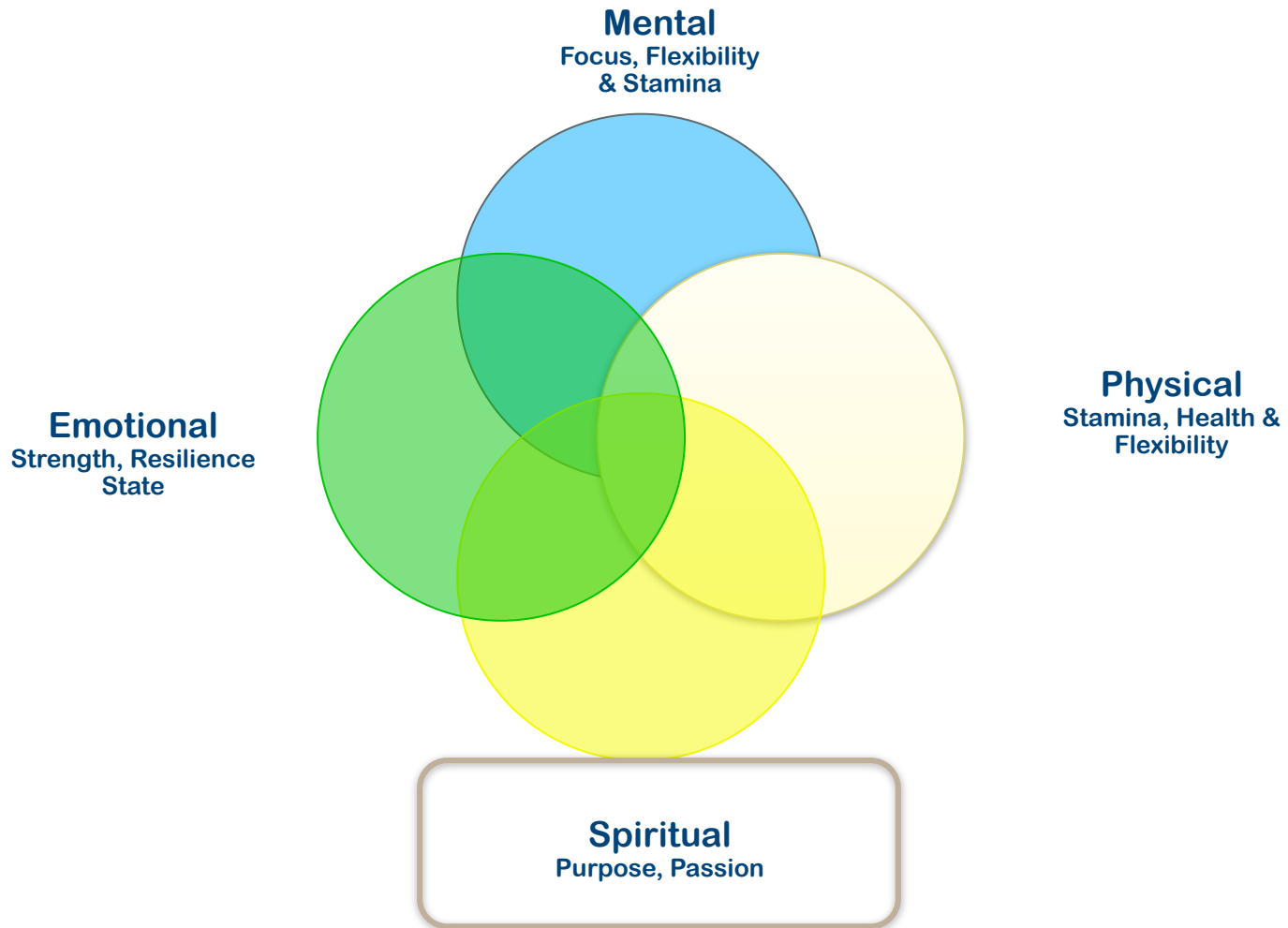
Health



Health

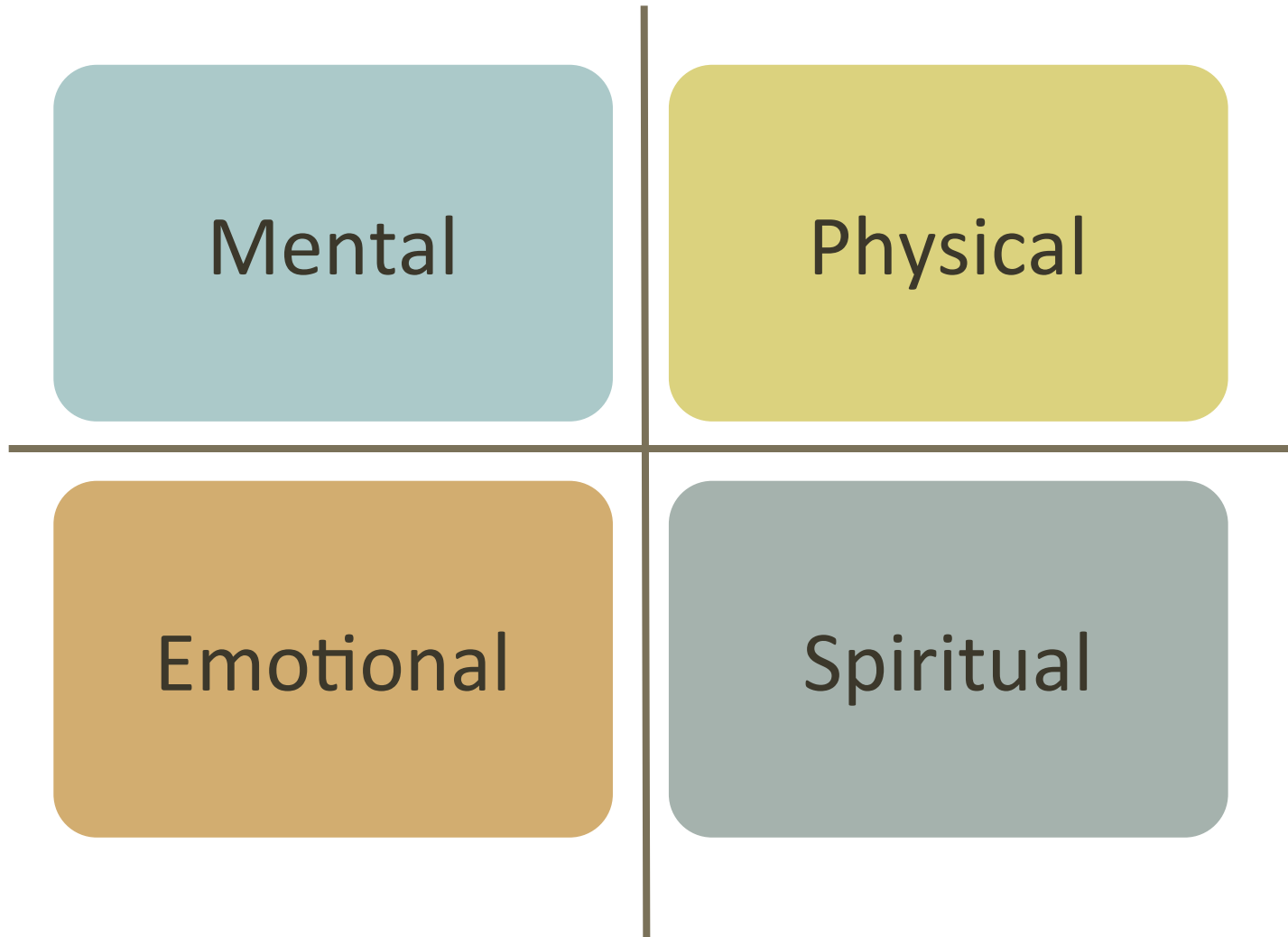


Health

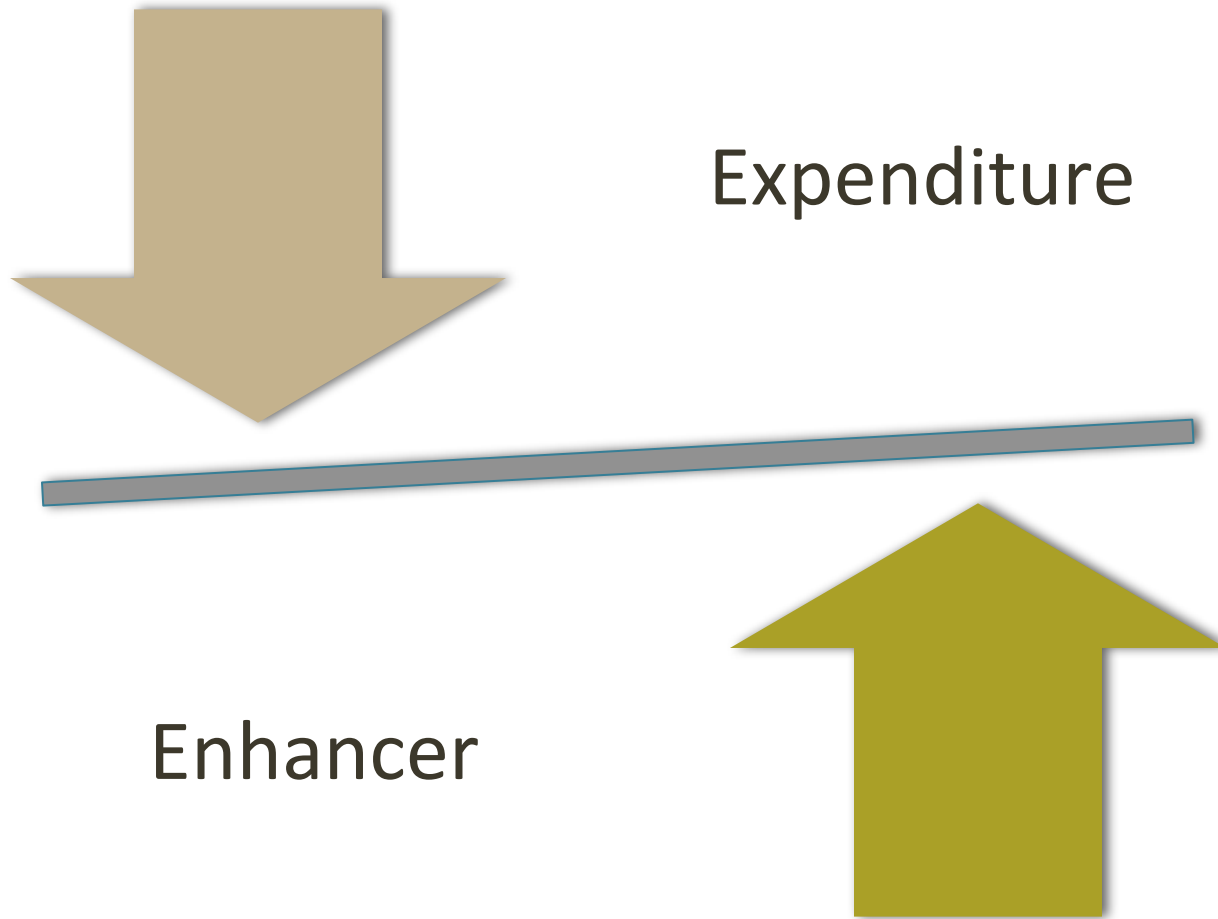


HOW CAN YOU BALANCE THESE 4 ASPECTS OF HEALTH?

How would you rate your different aspects?



Balance



Energy Activation Strategies in a nutshell



Emotional

- Smile
 - Remind yourself of your strengths
 - Forgive
-
-

Mental

- **Brain breaks**
 - Listen to music
(use earphones)
 - **Breathe**
 - Take 1 breath
-
-



Physical

- **Stretching**
 - Yoga
 - Pilates
 - Tai Chi
 - **Exercise**
 - Walking
 - Running
 - Swimming
 - Weight lifting
 - **Posture**
 - Keep the back straight
-



Spiritual

- Meditation
 - Letting Go
 - Do things which you are passionate about
-
-





Mental Break

Physical Break

Chair Twist

Pencil Stretch

Reverse Sitting





Nutrition

Power Meals



Energized start

- **High protein Breakfast**
 - **Whole grains**
 - **Supplements: Lecithin**
 - **High dose B, C Vitamins**
-
- *** Tip- Prepare your breakfast the night before as mornings are always a rush!**

Power Lunch

- **High protein**
 - **High Vegetables**
 - **Low Carbohydrates (try to stay away from Pasta)**
-
- *** Tip – When browsing for food, munch on a piece of fruit!**



Meals

Energizing Snacks

- **Nuts (not peanuts), try raw or lightly roasted. Not honey roasted**
- **Seeds- pumpkin (kuaci)**
- **Dried fruit – cranberry, raisins**

Refreshing Sleep

- **Low protein**
- **High Fiber (Vegetables)**
- **More Carbohydrate is OK**
- **EAT EARLY**

Drinks

Share a 'teh-tarik'



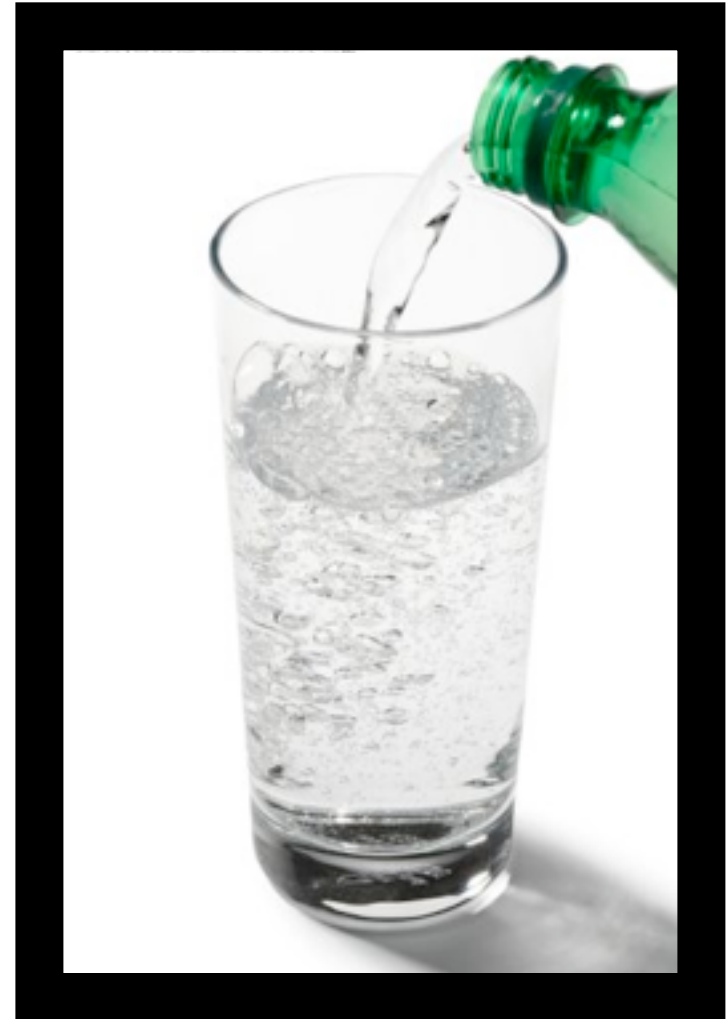
Coffee – is OK!

BUT.....

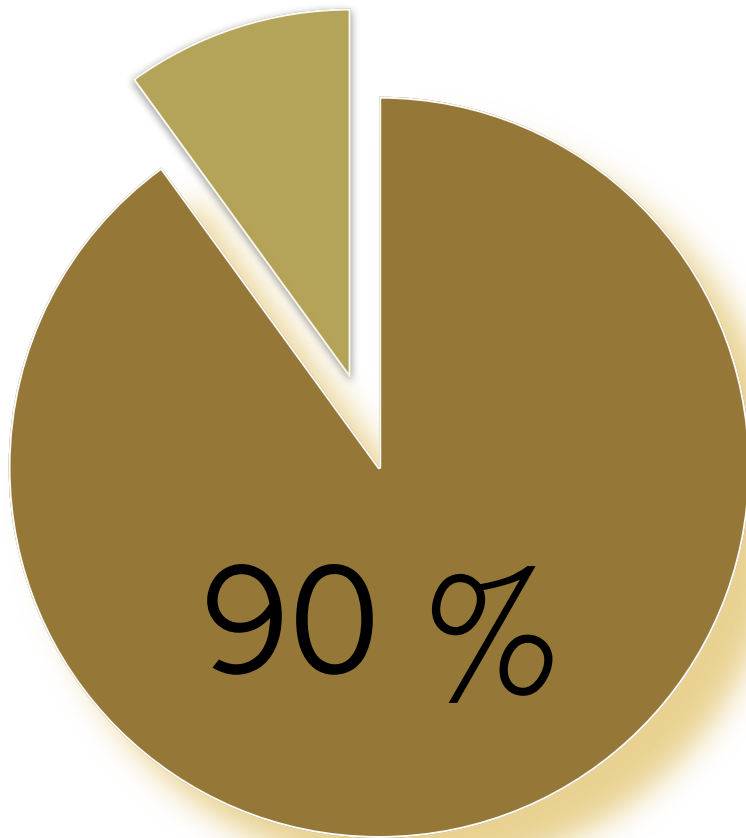
- choose an espresso based drink instead
- Avoid local coffee/3 in 1 mix

Most Important

- 8-10 Glasses / Day
- For every cup of coffee, drink 2X the amount to negate the diuretic effect
- Drink often – flavor drinks
- Drink between meals



Solution



- Awareness
- Strategies

Mindset to Innovate

Mental



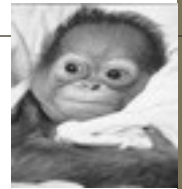
GO VISUAL

PAUSE

BLEND! BLEND! BLEND!



Emotional



EMBRACE CONSTRAINTS

IRIMI TENKAN

Spiritual



DISCOVER THE CORE

GO WITH THE FLOW

Physical



PLAY



Now begins your journey!

Strategies in a nutshell

Mental



Emotional



Spiritual



Physical



Any Questions?



Thank you

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