

# STRONGER TOGETHER

CREATE A HEALTHY LIFESTYLE WITH A RESILIENCE EXPERT



## EVENTS

We finished the year strong with Singapore's annual Festival of Learning (FOL) event! Grateful for the opportunity to share an effective process to Cultivate a Warrior Mindset! FOL's goal is to raise consciousness (& funds) for heart-led organisations.

Check out [FOL](#)'s 2020 campaign!

(Click [here](#) to book Jess for your next event).



## RESILIENCE

The way you frame a situation plays a massive role in how graceful you are able to navigate life. Do you view events happening TO you or FOR you? Are you conscious of your [bias](#)? What do you define as truth? Are you flowing with events as they happen? What if you framed every single situation as an opportunity to learn something new?

Learn & Develop  
(L&D) in Asia  
Community

CSR 2020



[give.asia/LnDAC\\_CSR2020](https://give.asia/LnDAC_CSR2020)

MAKING A  
DIFFERENCE

together with you

Beneficiaries



## KNOWLEDGE

Do you know the subtle difference between having dry skin vs being dehydrated? During winter months, our hydration habits might shift creating confusion on whether we have dry skin or are improperly hydrated. One of my FAVOURITE ways to promote hydration is sipping on homemade 'tea'. My go-to recipe for hydration success? Ginger, lemon, cloves, + honey. Served hot or cold! \*Gulp\*





## MIND-BODY

Distractions are at an all-time high. As we wrap up the last few hours of the year, we are called to reflect on all the magic (+ PLOT TWISTS) of 2020. Collectively, we experienced a global pandemic; We might have been in the same situation but not all were in the same boat. Some prioritised finances. Others focused on mental health. Emotional wellbeing became a normal part of the discussion. Corporate Health + Wellness programmes have skyrocketed. There is an art to protecting your mind, body, + spirit. There is an art to staying present. There is an art to understanding Self. Are you connected?

## SIZZLE SIZZLE

It's time to SIZZLE! Breakfast is the most important meal of the day. Plot twist: ENJOY breakfast anytime! Ingredients: 3 vegetables, 3 eggs, 3 fruits. Omelette (eggs, onions, mushrooms, + tomatoes). Side salad (rocket & avocado). Sliced fruit (papaya)! Eat the seasonal produce rainbow! Enjoy your SIZZLE!



## MOVEMENT CHALLENGE

- Do you overlook the benefits of stretching our body? With over 600 muscles in the human body, let's focus on our hamstrings!
- If left unaddressed, a tight hamstring can alter your posture resulting in discomfort and possible back pain.
- Standing stretch. Toes up. Hold for 30-45 seconds then drop your toes. Pay attention to how the muscle tension shifts from upper hamstring to closer to your knee. It's like a magical dance. A hamstring dance.



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