

SUSTAINABLE OFFICES

Greener businesses made possible by technology

SEP 2018

BENEFITS OF ART THERAPY

How creating art helps mental health

Your **CAPITAL** LETTER

QUARTERLY FOR CAPITALAND COMMERCIAL TRUST TENANTS



The corporate citizen

Making a positive difference is more important than ever for businesses and good CSR programmes can help strengthen a company's ties with the community

In recent decades, it has become the belief of many that beyond turning a profit, good corporate citizenship entails taking an interest in the communities in which businesses operate and contributing to their betterment.

Corporate social responsibility (CSR) programmes are thus a way for companies to demonstrate this and make good on their commitment to improving society. ▶

Jaguar Land Rover has helped improve the lives of isolated communities in East Africa by enabling access to smart solar technologies

» Check out all the stories at capitaland.com/yourcapitaletter

Continued from cover

When meaningfully implemented, they can impact society positively, be it helping the less privileged or the environment, and strengthen the ties a business has with its community.

Creating an effective CSR programme

What makes a good CSR programme, then? CapitaLand Commercial Trust (CCT) tenants provided tips on what companies should look out for when creating their own projects.

1. Have clear intentions about what you want to achieve.

Companies should have a CSR strategy and purpose that aligns with their values and the nature of their business, while providing benefits to the community.

For **Jaguar Land Rover**, CapitaGreen, CSR projects should be “all about the people”. This has led the automaker to channel its resources towards underprivileged communities around the world. It has helped improve the lives of isolated communities in East Africa by enabling access to smart solar technologies, while its China Children & Youth Dream Fund has benefited over 250,000 Chinese.

Meanwhile, **CapitaLand** recognises that its long-term success is intertwined with the well-being of the communities in which it operates. Every year, it allocates up to 0.5% of its net operating profit to CapitaLand Hope Foundation (CHF), which promotes the social growth and development of children in need and strives to improve the quality of life of Singapore’s vulnerable elderly.

Mr Tan Seng Chai, Group Chief People Officer and Executive Director, CapitaLand Hope Foundation, said: “As CapitaLand works to transform city living, it is important to also keep the community’s interests in mind. Corporate giving and staff volunteerism for community development are a key focus of our overall sustainability strategy.”

One effort to promote this was the recent CapitaLand Giving Marketplace, held in July at Capital Tower. This event, which provided a platform for charities and social enterprises to promote their causes to staff and office tenants and raise funds, saw various food and beverage and handicraft stalls selling offerings created by beneficiaries from different communities in need. For every transaction made, CHF donated S\$6 to each participating charity, raising a total of S\$6,700 in one afternoon.



Handicraft stalls sold bags and other creations by beneficiaries of various charities to raise funds during Giving Marketplace

PHOTO: CAPITALAND

“As CapitaLand works to transform city living, it is important to also keep the community’s interests in mind”

Tan Seng Chai, Group Chief People Officer and Executive Director, CapitaLand Hope Foundation

2. Assess what matters to both your stakeholders and external environment

One way of doing this is to conduct materiality assessments, said **South32**, CapitaGreen. “We look at a range of sustainability issues and determine which are the most important for us and our stakeholders. Through (this) process, we identify, prioritise and make decisions on the sustainability issues that are most relevant and create plans for addressing them.”

This process is undertaken annually as

the mining and metals company checks if these issues are becoming more or less significant, and that they are in line with its stakeholders’ expectations.

3. Deploy resources efficiently

Effective altruism is all about the best use of resources to help others, and this means choosing the right partners to work with on projects.

“Collaborating with community partners to develop and manage (our) programmes

is a key part of our approach,” said **GIC**, Capital Tower. This includes partnering Beyond Social Services, a well-established voluntary welfare organisation that helps disadvantaged children and youth, for its GIC Sparks & Smiles (Sparks) programme. Beyond Social Services has helped expand the reach of Sparks, which supports students from low-income households by providing grants for their studies and training by experienced social service professionals. Since its 2015 inception, over 300 students have

participated in the programme, contributing a total of 7,500 hours to mentoring other disadvantaged youth.

4. Set clear targets and measure impact

This helps companies focus their CSR programmes. For example, South32 has set itself a rolling five-year emissions reduction target and a long-term goal of net-zero emissions by 2050. These five-year targets are reviewed as the company moves towards its goal. For accountability, progress is reflected in the company’s sustainability report annually. ■



Over 250,000 Chinese children have benefited from Jaguar Land Rover’s China Children & Youth Dream Fund

PHOTO: JAGUAR LAND ROVER

GIVE THE GIFT OF JOY

Make a contribution to society by participating in the annual CCT Gifts of Joy in October. This activity brings the CCT community together while promoting the spirit of giving back. Tenants can adopt the wishes of around 650 children and youth at Rainbow Centre and/or participate in a volunteering activity. Visit capitaland.com/giftsofjoy for more information.

Technologies to green your business

Effective solutions for sustainable offices

Going green in the office can be more than switching to LED lights and printing documents double-sided. As more tech companies and manufacturers become environmentally conscious, you can now harness technology to save resources – both natural and economic – in many ways.

Up in the cloud

Servers tend to eat up a lot of energy, so switching to cloud services helps you lower your energy usage, on top of saving you the cost of housing your own set of servers.

Memory subsystems in servers consume immense amounts of energy, especially as the amount of memory in use increases, yet tend to be left idle for caching. Storage disks,



“You save energy by relying on cloud: You use the computing power you need only when you need it, and you can get rid of cooling systems”



Xerox's Simegy technology allows its printers to predict usage hours, enabling it to power up or down on its own accordingly

like memory, are also usually left running continuously for easy access and can consume a disproportionate amount of energy compared to the amount of data actually accessed. And if you have ever stepped into the server room in your office, it will not surprise you to know the most power-hungry component of a server is the cooling system, which has to counter the overheating resulting from running all other subsystems.

You save energy by relying on cloud: You use the computing power you need only when you need it, and you can get rid of cooling systems. Cloud service providers also have advantages your office may not have, so you don't have to worry that you are simply transferring your environmental impact. These companies can choose to base their servers in a more temperate climate, reducing cooling costs. Although the technology of energy efficient servers has not been perfected, cloud companies have more time and resources to put into developing these solutions.



Internet of Things (IoT) technologies can enable an intelligent building to monitor and manage its energy usage

Smart energy savers

Look for energy-saver settings on your existing devices, or new ones if your office is purchasing. Computers, printers, even lights and thermostats now come with features that power down equipment when it isn't in use. More recently, newer products even come equipped with machine learning and can predict and accommodate dips and peaks in usage.

Xerox's Simegy technology is one such innovation – the printer can track office print demand and predict active hours and days. Based on this, the printer formulates a timeout strategy, powering down during periods of inactivity and preparing for wake-up during periods of expected demand. The NEST thermostat, a smart temperature control, operates similarly, recording and predicting temperature preferences throughout the day.

Infrastructural solutions

Intelligent building platforms (IBPs) have been a hot topic among real estate developers in recent years.

Using Internet of Things (IoT) technologies, an intelligent building can monitor and manage energy usage

throughout the premises. Sensors attached to equipment collect data, which is transmitted wirelessly to cloud and analysed. Real-time actionable insights are generated and used by the system to prioritise energy consumption in different parts of the building.

This can mean dimming the lights in parts of the building that are already receiving enough natural light, or powering down equipment in unoccupied rooms.

The system might even respond to temperatures outside the building and adjust temperature and ventilation within the building accordingly.

IBPs increase energy and cost efficiency for office buildings through adaptive energy management, which is why there has been much research into developing these systems – making them smarter and faster.

To lower the environmental footprint of its buildings, CapitaLand has been investing in and implementing IBPs as well. It continues to strive to pioneer innovative and sustainable workplaces of the future – one where its initiatives work in tandem with tenants' efforts and commitment to go green. ■

Verbatim

“My philosophy on cooking: Don't overcomplicate and always use the best ingredients.”

Oliver Hyde, new executive chef at **Artemis Grill** at CapitaGreen, shares what inspired the restaurant's new menu and why it's great being a chef in Singapore.



1. The best thing about what I do is meeting our guests at the end of a night and seeing a smile on their faces, knowing they've had a great experience – from the food to the service and, of course, the stunning rooftop view from Artemis Grill.

2. When I first came to Singapore, there was no Michelin Guide here, and after years of “cooking for the guides”, it was refreshing cooking in a country where it was just about pleasing your guests. Though Michelin and many other awards have since arrived here, this sentiment has stuck with me, and it's a great feeling seeing a restaurant full of happy guests.

3. What sets Artemis Grill apart from other Mediterranean-inspired restaurants in Singapore is that we cater for all food tribes, offering gluten-free to paleo and Keto dishes.

4. Our new menu is focused on traditional flavour pairings with a little twist. I look quite heavily to the regions of the Levant, Italy and Southern France for ideas and inspirations, and this is seen in dishes such as our Chicken Breast Ratatouille with Chermoula and Black Olives.

5. If I had to eat only one dish for the rest of my life, it would be roasted monkfish, braised oxtail and mash.

Art for the soul

Whether you prefer painting or scrapbooking, creating art comes with many neurological and psychological benefits

Psychologists have been studying art therapy and its benefits to mental health for decades. And often, they recommend art as an outlet for stress and other negative emotions.

This year's inaugural CCT Wellness Week, which emphasised physical and mental health, provided many opportunities for tenants to engage in various forms of art, with the wide range of art workshops held. If you missed them, here are some reasons to make time for art, as well as tips to get started.

Going with the flow

Art therapy has been proven to lower stress and anxiety levels. It does this effectively because the process of creating art generates a state of mind that psychologists refer to as flow. When we are in flow, our minds become wholly absorbed in present activities and sensations –

paying close attention to only filling in a colouring book or the repetitive motions of Zentangle doodling, for example.

We “lose ourselves” in creating art and stop thinking about our problems, our stress or even any physical aches and exhaustion that we feel.

Flow has a relaxing effect similar to that of meditation, countering the body's natural stress responses and clearing the mind.

Motivational fuel

Academic studies have shown that creating art makes us feel happier. That's because the process triggers the release of a certain neurotransmitter in the brain: Dopamine.

Dopamine makes us feel good and, more importantly, keeps us motivated. Increases in dopamine in the brain correspond to the anticipation of rewards and cause individuals to become more driven, persistent and optimistic in accomplishing tasks.

Confidence builder

The sense of accomplishment that comes from completing an artwork – and in the long term, improving your artistic skills – can be very rewarding and can make you feel better about yourself and your abilities. The knowledge that you can pick up new skills and achieve concrete success also builds your sense of self-efficacy – the belief in your ability to achieve set goals. Approaching new challenges in other areas of your life is less intimidating when you've successfully made that mug for your aunt in pottery class.

Starting art therapy on your own

Any form of art can be your outlet: Drawing, scrapbooking or even cake decorating or pottery for the more ambitious. It all depends on your interests and how you prefer to express yourself. Here are some examples, inspired by activities during CCT Wellness Week 2018, to get you started:

- **Zentangle:** Zentangle is a simple, spontaneous, abstract doodling exercise. You begin with a small square of paper and draw simple patterns, called “tangles”. You can repeat, rotate and even tangle the tangles. Don't plan or think about the final product – just draw. Those who have tried Zentangle report not just fulfilling flow experience, but also newfound self-respect and validation of their own creativity.
- **Water brush lettering:** Watercolour calligraphy is an easy introduction to calligraphy. The colours are bright and easy to blend and use, and yet permit for as many variations as your imagination can conceive. Different levels of difficulty in watercolour mixing and calligraphy techniques allow you to always be fully engaged even as your skills improve.
- **Bento making:** Spend enough time on Instagram and you'll come across Japanese lunchboxes that are too cute to eat. If you enjoy cooking, consider making your own bentos to cheer yourself up with healthy and fun-looking food. Cookbooks, online video tutorials and bento cutters are all easily available to get you started. ■



ARE YOU OUR NEXT WINNER?

Win 30,000 STAR\$® in our online Readers' Contest. Visit our Facebook page to participate.
[fb.com/capitalandcommercialtrust](https://www.facebook.com/capitalandcommercialtrust)



A week of wellness

CCT launched Wellness Week on 30 July to 3 August, offering our tenants a variety of health-related activities, including workshops, talks and workout sessions, and food and beverage promotions aimed at championing three different elements of well-being – the mind, body and spirit.

Over 600 tenants took part in a total of 31 activities, including talks on a variety of topics, such as dental health and eyecare, a range of workshops, including water brush calligraphy and urban farming, as well as trampoline workout and yoga sessions, among others.

The event, which also aimed to bring fun to the workplace and promote community bonding through exercise, was well-received, with most of the activities almost fully subscribed.

It was held in collaboration with 15 partners, including the Health Promotion Board, Breast Cancer Foundation and nine CCT tenants: **Artemis Grill, Da Paolo, Fitness First, General Mills, Grain Traders, Gravity, T32 Dental Group, The Executive Centre and The Great Room.**

“There was a good mix of talks and exercises,” said Ms Angie Ng, **GIC**, Capital Tower. “I hope to see more of such healthy and wholesome activities for tenants. Big thanks for organising such activities for us!”

To view photos of this event, visit bit.ly/wellnessweek2018 ■

Tenants took part in a variety of health-related activities, including a rock-cactus painting workshop, a bento-making class and trampoline workouts



CAPITALAND NEWS UPDATE

CapitaLand nabs top prizes at Singapore Corporate Awards

CapitaLand clinched four awards at the Singapore Corporate Awards 2018, held on 18 July at Resorts World Sentosa. Among its wins, CapitaLand bagged silver for Best Managed Board among companies with a market value of S\$1 billion or more.

Meanwhile, CCT and CapitaLand Mall Trust (CMT) took home gold and silver, respectively, for Best Annual Report, under the REITs & Business Trusts category. This award aims to encourage companies to improve the quality and extent of voluntary disclosures in their annual reports.

CMT also won silver for Best Investor Relations, under the REITs & Business Trusts category.

The Singapore Corporate Awards recognises outstanding corporate governance practices among local listed companies. ■



PHOTO: CAPITALAND

From left: Mr Tony Tan, CEO, CapitaLand Mall Trust; Mr Stephen Lee Ching Yen, Non-Executive Independent Director, CapitaLand Limited; and Mr Kevin Chee, CEO, CapitaLand Commercial Trust

GREEN TIP

Indoor lighting accounts for over one-third of electricity use in office buildings. Make it a point to switch off the lights in a room if you know you are not going to be in it for an extended period of time.



CapitaLand

Copyright © 2018 CapitaLand Commercial Trust. Copyright is reserved throughout. No part of this publication may be reproduced in whole or in part without the written permission of the publisher. CapitaLand Commercial Management Pte Limited accepts no responsibility or liability for any errors, omissions or resultant consequences, including any loss or damage arising from reliance on the information herein. Editorial and design by NewBase Content Pte Ltd. MCI (P) 120/04/2018

