

WHOLESOME EATS

Grain Traders shares what eating well means to them

JUN
2019

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Your **CAPITAL** LETTER

QUARTERLY FOR CAPITALAND COMMERCIAL TRUST TENANTS



Enhancing tenants' work flexibility

How CapitalLand's core-flex model helps tenants stay nimble and agile

The business environment is rapidly changing, and with it, the way work is being done. Uncertainties in the macro environment, talent attraction and retention, and the need to increase speed to market are some of the challenges that businesses face, and these have implications on a company's accommodation strategy.

In CapitalLand's engagement programme to uncover tenants' needs, one concern frequently surfaced: Agility. Companies wanted the ability to change their short-term and/or long-term physical footprint during various business cycles, as well as access to different types of workspaces that can help facilitate different work activities. ▶

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Continued from cover

CapitaLand has responded to these needs by offering current and potential tenants a “core-flex” solution, as part of its new Office of the Future initiative. This solution aims to redefine and challenge the traditional lease model by enabling tenants to mix and match traditional office space (core) with flexible spaces (flex) into a lease, as well as customise the fixed and variable lease terms according to their needs.

To maximise the effectiveness of the core-flex solution, CapitaLand aims to provide tenants a wide variety of flexible spaces across its portfolio. This is achieved through a strategic partnership between CapitaLand and The Work Project to complement and integrate the former’s core offerings with the co-working space operator’s flexible spaces.

Capital Tower and Asia Square Tower 2 will be the first two buildings in Singapore to embrace core-flex offerings under this strategy. In addition to the co-working spaces run by The Work Project, other flex spaces include meeting and conference suites, collaboration spaces, serviced offices and more. These spaces will be progressively rolled out across all CapitaLand’s office buildings.

How does core-flex work?

The core-flex model does not provide a one-size-fits-all solution to businesses, and whether it is a viable solution for tenants depends on their individual needs. Some situations where core-flex would benefit include:

- A tenant currently in the co-working space that has successfully grown its business and desires to take on its own core space that will be built and managed by CapitaLand
- A tenant currently located in the core space that has a special project team requiring a dedicated “war-room” for six months. This team can be accommodated in the co-working space within the same building
- A tenant that wants to create a standalone “lab-like” environment where its innovation team can brainstorm and develop new



MARK offers a variety of spaces, from common areas to private rooms, for members to network or lounge in

Tenants can use spaces at The Work Project Asia Square Tower 2 for ideation sessions



THE WORK PROJECT

ideas. The team can make use of purpose-built innovation spaces in CapitaLand’s office buildings

- A tenant that has converted its meeting rooms to workspaces as it expands, and thus now requires new meeting spaces. The company can take up meeting room packages with CapitaLand to access collaboration spaces at its office buildings

Is core-flex right for you?

Here are some factors to consider:

Growth plans

What are your company’s growth plans in the next 12 months? How certain are these plans? Is there a possible merger or acquisition in the pipeline?

The core-flex solution could help companies unable to commit to long-term space requirements but have immediate operational space needs to bridge the timing gap until business conditions are more predictable.

Transformation of the business and workplace

Is your office in need of an overhaul? Do you want to transform the way your employees work and collaborate with one another? Do you want to set up an innovation hub to accelerate business transformation?

While these objectives can potentially be achieved by designing your space differently, CapitaLand’s integrated “design, build and operate” option within the core-flex solution could transform your business and workplace.

Not only do flex spaces support employee engagement, the amenities and services

“**Core-flex challenges the traditional lease model by enabling tenants to mix and match traditional office space with flexible spaces**”

available encourage collaboration, openness and knowledge-sharing. This is perfect for innovation teams, for instance, which typically benefit from members being able to work closely with one another.

Variable meeting/training needs

Are you always running out of meeting rooms? Are you paying rent to hold large training rooms that are underutilised?

The core-flex solution will provide tenants a wide variety of meeting spaces that are available on demand. Tenants with high-volume requirements can sign up for meeting room packages to qualify for bulk discounts.

As the nature of work rapidly evolves, workplaces are increasingly adopting flexible spaces, which allow for greater productivity and enable companies to be more nimble in the face of uncertainties in the business environment. CapitaLand, with its core-flex model that innovatively combines traditional and flexible spaces for tenants, is leading the way by offering a novel solution to a trend that is here to stay. ■

Bowls of goodness

Not your typical rice bowl eatery, Grain Traders offers dishes that are thoughtfully and creatively prepared

Eating habits have, over the past few years, changed, as diners get increasingly health conscious. The average office employee is now opting for healthier food, such as wholegrains and fresh produce.

One establishment that's meeting this demand but with an innovative twist is **Grain Traders**. The local eatery, which set up shop at CapitaGreen in 2015, serves delicious grain bowls — or Hero Bowls, as they're called — which can be chosen off the menu or customised.

Grain Traders' food philosophy can be described in three words: Balanced, thoughtful and progressive. The eatery believes in "upholding the integrity of natural ingredients, treating them with respect, and creating a balanced meal composed of whole grains, vegetables, proteins, home-made sauces and toppings," said co-founder Javier Perez.

“Each element on the menu has been thoughtfully prepared without compromise and with much creativity and care”

This means all dishes, including all dressings and toppings, are made in-house without any refined sugars or oils added. Additionally, all ingredients used are freshly delivered to the outlet each day.

Worth noting is the way the kitchen prepares its animal protein. For instance, salmon is first sous-vide for a carefully timed 25 minutes to preserve its nutrients and flavour, and thereafter gently chargrilled. Meanwhile, pulled

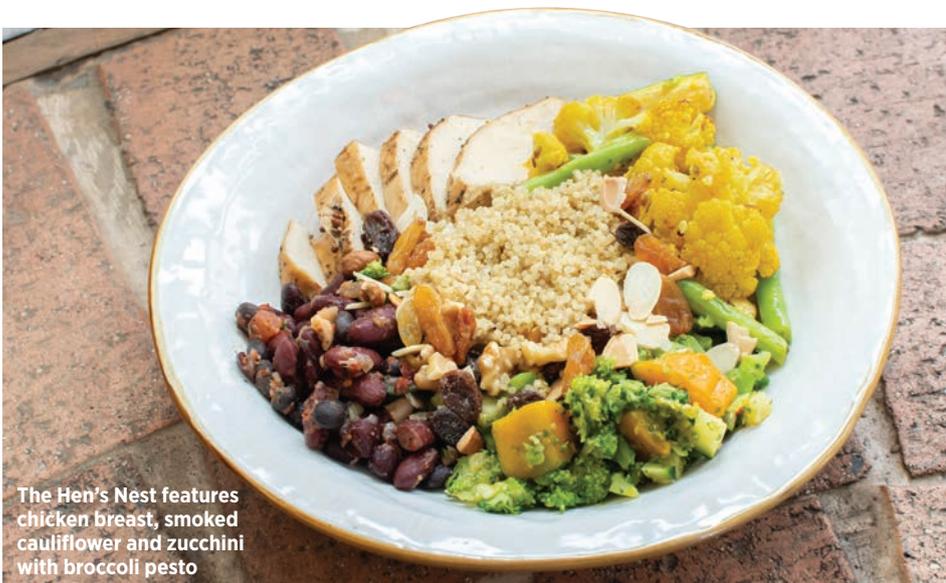
pork is marinated for a full 24 hours before being slow-cooked in the pressure cooker. To some, the extra effort may seem extravagant, but Grain Traders believes it is what makes its food wholesome and tasty.

This nothing-but-the-best approach to its food has made the eatery popular among the working crowd it serves. Hot menu favourites include the Seedy Business — a generous mix of pineapple kimchi, roasted chickpeas, supergreens and more — as well as the Mawashi, which has lots of tuna tataki and cucumber pickle with furikake on soba noodles.

Apart from daily bowls, Grain Traders also has a selection of sweet treats by gluten-free bakery, The Whole Kitchen. The idea of introducing desserts started as a way to encourage people to indulge in a little sweet treat while still maintaining a balanced diet.

Innovation sets it apart

To stay competitive, Grain Traders believes in constantly innovating its dishes, coming up with novel, seasonal creations every month and switching up its menu frequently.



The Hen's Nest features chicken breast, smoked cauliflower and zucchini with broccoli pesto



GRAIN TRADERS

“Each element on the menu has been thoughtfully prepared without compromise and with much creativity and care,” said executive chef Gisela Salazar Golding, who created the menu by incorporating influences from Asian and Western food cultures. For instance, the Coconut Curry sauce was based off her experience living in Cambodia. She also draws inspiration from her home region of Venezuela, evident in dishes such as the Polenta Eggs Rancheros, a Puerto Rican goodness of polenta cakes, mixed bean pico de gallo, guacamole and salsa verde.

Another interesting product is the apple kimchi, which marries the antioxidant properties of the humble green apple and the gut-boosting bacteria of kimchi to create a dish that produces the perfect combination of sweet and sour flavours. The result is a tangy mix of spice and crunch — a good accompaniment with every bowl.



The Mawashi, with its generous helpings of tuna tataki, is a hot favourite

Big plans for the future

Grain Traders has done well enough since its first launch, but has no plans to rest on its laurels. Co-founder Sharon Lee shared that the company intends to set up shop worldwide within the next five years, starting with the United States and Indonesia.

Besides growing the Grain Traders name, it also hopes to spread the brand’s belief in creating a space for people to “feel at home, nurtured and inspired to go against the grain — beyond the ordinary”.

“We will focus on sharing stories about how Grain Traders fits into and enhances the lives of our wide variety of guests, as well as collaborate with artists and causes we believe in and support,” added Mr Perez.

Grain Traders is located on Level 1 at CapitaGreen. Opening hours are from 8am to 8pm on weekdays. ■

Verbatim

“The most exciting thing about what I do is that I’m building a blitz-scaling company”

Christopher Muffat, founder and CEO of artificial intelligence (AI) and data protection start-up **Dathena**, shares why he’s passionate about what he does.



1. We believe in designing, building and implementing in a faster, bigger, stronger way. Our pace of work and change is so fast that you can never get bored.

2. As founder and CEO, I see myself as a coach and advisor: I support my team and show them that they are valued members of the company, and do my best to provide regular feedback and recognition on how they deliver their objectives.

3. We give our people a sense of purpose — we are building and selling a solution for a very complex data protection problem, and we are pioneering AI to achieve our vision of a more secure world.

4. Being an entrepreneur is like being a tightrope walker — you’re always on the edge. It can be scary, but it’s also very rewarding when you think about all the things you have accomplished. Over time, you also become more confident in yourself.

5. To me, leadership means empowering and investing in people, manifesting loyalty and leading by example through transparent communication.

FEATURE

Fit for Work

Sitting at your desk all day can affect your posture and result in back pain. Here's why you should give chiropractic treatments a try



Dr Errington recommends moving around more, improving our posture and listening to our bodies by taking note of aches and pains. "We must do more to balance the effects brought on by our deskbound jobs. This means taking an interest in our body, listening to how it communicates with us and having strategies to restore and maintain a healthy balance."

Total Health Chiropractic's newest clinic will join the mix of wellness solutions offered by CapitalLand's Office of the Future initiative at Capital Tower.

Dr Errington and his team will deliver to patients their range of palliative and corrective solutions, with a particular focus on prevention.

Other services and amenities the clinic offers include an exercise area, a state-of-the-art foot scanner to ensure healthy feet and rehab services provided

by specialists. The clinic will also conduct workshops and wellness talks covering topics such as chiropractic care, posture, stress, nutrition and more.

"We are committed to educating the public and bringing our award-winning wellness services to where they are most needed — and that is inside or close to our clients' workplaces," said Dr Errington. ■

If you are among the majority of workers in Singapore who spend a third of their day seated at a desk, chances are you suffer or have suffered from neck and shoulder pains, headaches, poor posture or similar ailments. According to Dr Tim Errington, founder of **Total Health Chiropractic**, Capital Tower, 80 to 90 per cent of the corporate set here suffer from what he calls "Silicon Valley Syndrome", thanks to the long hours spent staring at computer screens from a seated position. Its symptoms include a stiff neck and tight shoulders along with a sharp pain going down the spine.

"If we spend all day, every day sitting with poor posture in a flexed position, the body will gradually lose its shape and decondition. This will inevitably lead to pain and a stressed-out nervous system.

“By realigning the spine, correcting posture and improving the function of all the spinal joints, pain is greatly reduced, stress is lowered and the nervous system works better”

Damage gradually builds up until we suffer degeneration and, ultimately, loss of health," he added.

Dr Errington also shared that he is seeing worsening posture and deconditioning at an increasingly younger age. "This is extremely worrying as such individuals can never go on to reach their best health. In all likelihood, they will be stiff and arthritic in their 40s and lose decades to pain and suffering."

It was for this reason that Total Health Chiropractic recently opened its newest branch at Capital Tower, to bring Dr Errington's chiropractic solutions to office workers in the area. The clinic, located on Level 9, provides services that include spinal adjustments — a core chiropractic treatment. These adjustments involve using gentle and specific forces to realign joint subluxations, or small misalignments of the vertebrae, and normalise spine function.

"By realigning the spine, correcting posture and improving the function of all the spinal joints, not only is pain greatly reduced or eradicated, but the body also becomes more efficient, stress is lowered and the nervous system works better," Dr Errington explained. It also leads to better sleep and a stronger immune system.

Apart from getting good chiropractic care,



Reader's promo

All CapitalLand Commercial Trust tenants get to enjoy their first chiropractic visit at \$20 (U/P: \$160). This will include a full spine check, digital posture analysis, a chiropractic adjustment and 10 per cent discount on all packages. Additional discounts are also available exclusively to Capital Tower tenants.

For more information, visit totalhealthchiropractic.com.sg/capitaland-tenants-promo



ARE YOU OUR NEXT WINNER?

Win 30,000STAR\$® in our online Readers' Contest. Visit bit.ly/ycljun19 to participate.



CapitaSpring show suite unveiled

Launched in April and located on Level 20 of Capital Tower, the show suite for CapitaLand's upcoming integrated development CapitaSpring offers visitors an immersive and interactive preview of what the future of work would look like at the 51-storey iconic development, which is slated for completion in 2021.

Through immersive 360-degree visual pods, interactive digital content and experiential stories, prospective tenants will learn about the exciting features of CapitaLand's Office of the Future initiative, including core-flex workplace solutions, active placemaking activities, smart-building technologies and a mobile app.

What's more, through the large-scale building model display and interactive digital content, visitors can appreciate the distinct architecture of the new development — a collaboration between award-winning design firms Bjarke Ingels Group and Carlo Ratti Associati — and discover its unique and exciting features, including the impressive

Green Oasis, a contiguous four-storey botanical promenade with amenities like a café, jungle gym, sky hammocks, meeting facilities and activity spaces for work and play.

To find out more about CapitaSpring and for leasing enquiries, please email CL.commercial@capitaland.com, call 6713 3939 or visit capitaspring.com ■

CAPITALAND NEWS UPDATE

Prospective tenants will get a full, immersive experience of CapitaSpring's amenities



Workplace treats for all

CCT held the first Tenants' Treats of 2019 in April, as a way to foster a good relationship with and thank tenants for being part of its community. This time, CCT partnered Asian snack brand Amazin' Graze to offer tenants a healthier snack option. Over 17,000 granola mixes, which included natural ingredients such as oats, natural sweeteners



Delighted tenants at Six Battery Road (above) and Asia Square Tower 2 were treated to healthy snacks



and tree nuts, were distributed to tenants across all CCT's properties.

"It was a brilliant idea to introduce healthy snacks to help employees eat better at work. I look forward to more of such treats in future so I can discover even more healthy snacks!" said Ms Ferhana Ashiblie, **JLT**, CapitaGreen.

"Thanks for the treats. It really brightened my day!" said Lucy Koh, **Credit Agricole**, Capital Tower.

Aside from offering a great mid-day treat, the event also gave tenants the opportunity to take a break, mingle and chat. ■

GREEN CHAMPION

Last issue, we asked readers to tell us how going green is part of their daily life. Here's the winning submission.

"When grocery shopping, I try to purchase locally grown products as much as possible. I check the labels for the state of origin — the closer to home, the better. This way, I can help reduce carbon emissions from imported goods!"



Angela Goh
Marubeni
CapitaGreen

Email yourcapitaletter@capitaland.com and tell us how you champion the environment. The person with the best response will win a pair of Wildlife Reserves Singapore tickets!

CapitaLand

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