



Securing Your
Connected World

11 April 2019

Payal Mahapatra
Health & Wellness Coach

Health & Wellness talk: Looking to Ctrl Alt Zen your life?

Thank you Payal for your time in engaging with the staff from Trend Micro (Singapore) Pte Ltd during our regular Health & Wellness Talk.

Our team has gained a full insight with your sharing session on wellness talk. It gives us a new approach about staying healthy and maintaining a good work life balance. After the session, it gives us a better understanding that wellness does not only rely on food diet but also our mind that allows us to do "Things within our Power".

On behalf of the management and staff, thank you very much for your time and a good interaction session.

Best regards,

A handwritten signature in blue ink, appearing to read 'Joanna Ng', written over a light blue background.

Joanna Ng
Office Manager



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