

BLNGema

NEWSLETTER

Quarter 3 | 2014

"The white bellied sea eagle is a frequent visitor to our loading jetty. We must play our part in ensuring that this sea eagle remains a familiar sight, now and for future generations."



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MESSAGE FROM MD/CEO



Dear Colleagues,

Bismillahirrahmanirrahim

Assalamualaikum Warahmatuallahi Wabarakatuh/ Warmest Greetings

The Q3 issue of this GEMA focuses on People, one of our most important assets. The people agenda has always been the top priority in our day to day operations. Our organisation needs competent, energised and motivated employees to deliver our product sustainably. To ensure that we achieve our corporate objectives on People, we need to:

- Develop competent workforce as one of the drivers for a High Performing Organisation
- Embed Change as a significant foundation for an individual. Change.... starts with me

The strong emphasis on people for Brunei LNG aligns with our significant contributions to the nation which accounts for 60 percent of Gross Domestic Product.

One of the key aspects of People Agenda is Staff Development. In this regard we need to keep raising the bar by not only focusing on staff development but we must complement it with a high degree of Ownership & Accountability amongst our staff. Furthermore, in moving forward we need to ensure and give assurance that we optimised our manning in order to pave the way to a higher performance work culture. All these must be supported by strong leadership skills which need to be embedded in our leaders.

Last September, we successfully concluded our People Development Week with the theme Pride in Your delivery as part of the global initiative in profiling the importance of people development for all. Most importantly, we continue to invest in our people, improving our culture and work environment through activities and initiatives. We focus on in-role development for our staff through hands on training and through involvement in activities or projects. The long and short-term international assignments (LTIA & STIA) remain as an avenue to expose individual with a more challenging environment. These assignments greatly helped individuals to develop and up-skill on their competence levels. There were many good sharing sessions during that week where invited staff gave ample examples of their experiences in several key areas like international assignments, work life balance, operational challenges, driving business sense, leadership and crucial conversations, and etc.

We also continue to recognise individuals and teams for valuable contributions, project completions and new initiatives. In 2013, we introduced the MD Excellence Awards to highlight and reward teams and individuals for their significant contributions in business improvement initiatives. Annual nominations for staff to receive State Medals and Decorations remain as part of our recognition agenda. In this issue of Gema, we highlight few individuals who received such honourable recognition. On behalf of the Brunei LNG Leadership Team and staff, I would like to extend our appreciations and congratulations to those respective recipients.

The health and safety of the people also play a vital role in our organisation. The Healthy Lifestyle Programme continues to be organised in Brunei LNG. This is to ensure that everyone in the organisation is fit, energised and motivated to work and free from any lifestyle diseases. Various activities are highlighted in this issue and a good role model in healthy life transformation is also shared for employees' motivation. Well done! And keep up the good initiatives.

Lastly, I urge all employees to work diligently with integrity, accountability and transparency as part of our continuous drive towards compliance and achieving our aspiration of High Performing Organisation by 2017.

Thank you.

Together We Work as a Team for a Sustainable Future.

Regards,

Mohamad Awang Damit

MD/CEO Brunei LNG Sendirian Berhad

CHANGE JOURNEY 2014

Brunei LNG continues its presence in the World LNG industry maintaining its reputation as one of the most reliable suppliers of LNG. In sustaining this reputation, Brunei LNG started to develop its strategic intents in adapting changes for the better, looking for ways on how to perform profitably and sustainably in the competitive LNG markets for more decades to come. The strategic intent under the umbrella of Change Journey (CJ) has been initiated since 2012 and acts as a vehicle that helps us to maintain that reputation and move us from point A to Point B where we aspire to be a **High Performing Organisation**; Leaders of all levels; Learning Organisations; Cost efficient; Ownership Culture; Fully Realisation Bruneianisation; Collaboration with Contractors; and Asset fully rejuvenated and 100% functionality. Zero tolerance to non-compliance to Code of Conduct; continuously achieving Goal Zero – no leaks, no harm to people; high reliability and availability of our plant; and people development and fully realised Bruneianisation are the foundation for our journey in pursuit of becoming a high performing organisation in 2017.

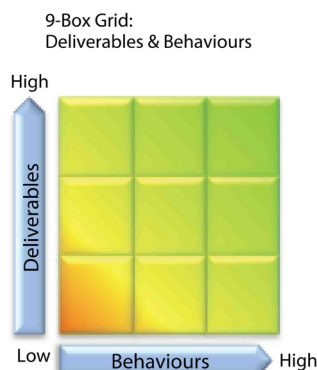
In 2013, various action items in the Change Journey had been completed. Among those success stories that we proudly shared were the:

- **War on Hydro Carbon (HC) leaks**

Outcome: Early identification and rectification of leaks



- **Learning from incidents and best practices**
Outcome: Willingness to learn and adopt learning from others, capture and disseminate learning
- **Stringent management of performance**
Outcome: Identify and reward high performers as well as support low performers through performance improvement plans



- **Inventory of talent and succession planning**
Outcome: Increased coverage from the talent pool; Increased awareness and clarity in the Bruneianisation plan.

The implementation of CJ action items continues in 2014 with a refresh action items. The formation of 5 Work Streams namely: the People, Work Culture and Leadership (PWCL); Asset Integrity and Process Safety (AIPS); Maximise LNG Revenue; Cost & Contracts; and HSSE & SP, helps to focus on the complete delivery of the respective action items for 2014. The latest updates indicated that 80 percent of action items will be completed by the end of 2014.

Some success stories or progress updates for 2014 include:

- **Brunei LNG Management System (BMS)-**
Outcome: The BMS gives clarity and ownership to the way the business is being managed; Support the description of processes and activities towards delivering business results.

- **Finance Control Framework**

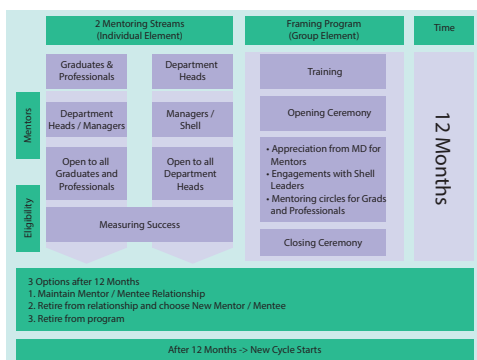
Outcome: Finance control in Brunei LNG assessed & improved; with historical audit findings were addressed. On top of that, the competency for Finance team was developed with the deepening of an overall awareness in controls, and the creation of Culture that emphasises individual partners

- **Competence Development & Assurance**

Outcome: 90% of positions have JCP reviewed/verified and uploaded in SAPHRON. 83% of functional competences assigned/verified have been assessed and approved in SAPHRON and Gap Closure plan has been identified.

- **Mentoring Programme**

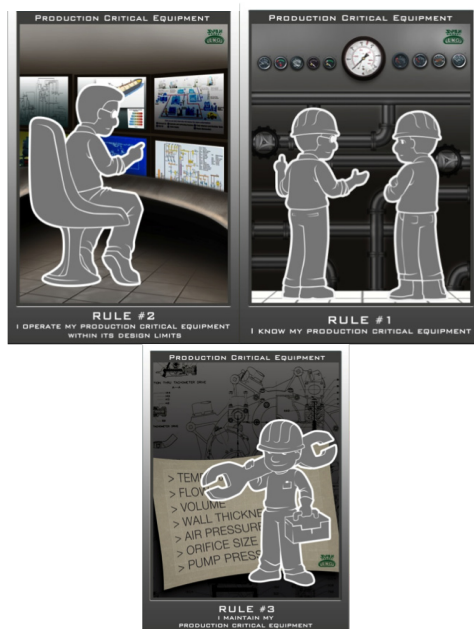
Outcome: Highly motivated 30 mentors and 60 mentees have been identified to participate in the programme. This will help to achieve the long term target of Bruneianisation in Brunei LNG.



- **Asset Master Plan**

Outcome: Brunei LNG Asset Master Plan process was developed and approved, with Manage Threat to Availability (MTA)

database agreed to be the tool for the AMP prioritisation and is being updated with the AMP challenge session deliverables



- **Production Critical Equipment (PCE)**

Outcome: PCE identification is 80% completed. All maintenance strategies have been issued for use

- **AIPS- GAS GAME**

Outcome: Brunei LNG is certified at Sustainable Calculative level in the recent GAS-GAME assessment by Shell Project & Technology. In LNG business this is an indicator for a great achievement in Process Safety and Operational Excellence that lead to an excellent reputation for Brunei LNG.

It is hoped that with the given support from all level of staff to Change Journey initiatives, complimented with a dedicated effort from all works streams, the above achievements could help Brunei LNG to pursue the next level of Change Journey with a positive outlook. This is also an indication of good progress towards achieving our aspiration of becoming a High Performing Organisation in 2017.

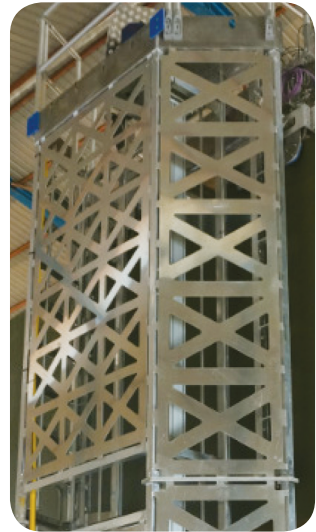
NEW TECHNOLOGY INTRODUCED IN TANK 6 PROJECT

by Brady wild

One of the major ongoing projects in Brunei LNG is the Tank 6 – a project that aims to complete construction of a new 120,000 m³ (networking capacity) full containment of LNG Storage Tank, associated facilities and incorporated into the existing Brunei LNG operating asset. This is part of Brunei LNG's Rejuvenation projects and preparation for a more sustainable business for many decades to come.

In complementing its progress towards completion in 2015, the team has introduced the use of new Digital Radiographic Testing system (DRT). This DRT is a replacement to the use of conventional film Radiography Test (RT) during construction of the LNG Tank. A thorough qualification and validation process was conducted by Shell Inspection Technology teams to approve the use of this new technology. Some of the benefits that give impact to the business include:

- Significant reduction with HSE hazards lead by the reduced radiation, shielded system, and ability of the
- digital technology to transfer images real time vs the development of many RT films
- Other activities in surroundings can be done in parallel and consequently increasing overall productivity.
- Technicians are no longer required to climb up in and around the tank at heights every night for several months.
- Avoidance of night shifts to carry out radiography.
- Complete avoidance of hazardous chemical utilised for film processing.
- Availability of immediate results pointing out issues, if any, in the welding process., thus fewer repairs and better overall quality on the welds.
- Faster inspection process and considerable improvement on the project schedule.



This new development has also crafted a significant milestone for Brunei LNG for being the first company to use such technology in the construction of LNG storage tanks. Additionally, future LNG projects in Shell will benefit on the replication of similar technology.

NEW EMPLOYEES OF BSP & BGC VISIT BRUNEI LNG

On 9th September and 15th September 2014, Brunei LNG received new employees from BSP and BGC respectively. A total of 33 new BSP recruits came to Brunei LNG as part of their onboarding process. Felicia Luah, Event Coordinator (LCE/21) hosted the visit and presented the company's business overview. It was an opportunity for the visitors to have a walk about around the plant led by Competence Advisers George Wong (HCD/22) and Hj Omar Hj Md Jair (HCD/21) as part of their itinerary. George gave a presentation on how the plant process works which definitely intrigue the young engineers. The whole presentation

did not solely focus on the plant but a part of it was also to motivate them, as George reminds the new recruits that they are the future pillars of the nation. Meanwhile, on 15 September BGC employees visited Brunei LNG Plant as part of their Onboarding programme. There were 10 candidates, 9 of which were from non-technical background. Felicia Luah, Event Coordinator (LCE/21) hosted the visit with the help of Zaeri (TTS/11) to give a presentation on the LNG process. They then went for a plant tour lead by both Zaeri and Andy (TTS/11).



2ND BATCH ITB FOUNDATION DEGREE CONTRACT SIGNING CEREMONY

On 24th July 2014, Brunei LNG held a Contract Signing for its staff who will be pursuing further education in a Foundation Degree in Process Engineering. The course will be held at the Institut Teknologi Brunei (ITB). A total of 21 operators have been granted this opportunity in which 18 of them will be doing part-time whilst 3 on a full-time basis.

The event was witnessed by the guest of honour Dr Thomas Jenke, the Deputy Managing Director (DMD) of Brunei LNG. Also in attendance were the Human Resource Manager (HC), Hajah Zainab M A Omar, as well as the Operations Manager (OM), Hj Rahman Sirat. Dr Thomas congratulated all candidates for obtaining

this opportunity. He further highlighted that having granted a full-time study and being able to further their education is a reward in itself, in addition, he highlighted that results and commitment could make a difference.

Hj Rahman Sirat (OM) highlighted that Brunei LNG aims to achieve 30% of the 54 senior operators to be highly qualified in terms of technicality in the plant. This is important as part of the organisational objectives on people in ensuring the competency of staff.

Before the contract signing, candidates were briefed by Ms Mizan Deli in regards to the terms and conditions of the contract as well as their benefits.



CONGRATULATIONS TO MEDAL AND STATE DECORATION RECIPIENTS



Brunei LNG Leadership Team and Staff would like to wish our heartiest congratulations to:

1. Jackie Kwong Teng Lian
Business Improvement/Lean Deployment Lead
(HCO/1)

2. Haji Mohamad bin Haji Salleh
Competence Adviser (HCD/3)

3. Haji Jamri bin Haji Jaafar
Lead Planning (ESB/1)

who received the Excellent Service Medals (Pingat Indah Kerja Baik – PIKB) by His Royal Highness Prince Haji Al-Muhtadee Billah Ibni Kebawah Duli Yang Maha Mulia Paduka Seri Baginda Sultan dan Yang Di-Pertuan Negara Brunei Darussalam, the Crown Prince and Senior Minister at the Prime Minister's Office in conjunction with His Majesty's 67th Birthday at the Balai Singgahsana Indera Kenchana of Istana Nurul Iman on Tuesday, 10th June 2014, and to :

1. C.J. Lai
Finance Manager (FM)

2. Mohamad Husini Bakar
Legal and Communication Manager (LC)

3. Teo Eng Chun
Head of Finance Project Implementation (FPI)

who received the Bintang Kebesaran Darjah Setia Negara Brunei Yang Amat Bahagia Darjah Keempat (PSB) by His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam in conjunction with His Majesty's 68th Birthday at the Balai Singgahsana Indera Kenchana of Istana Nurul Iman on Thursday, 4th September 2014

REWARDS FOR ACADEMIC EXCELLENCE AT UNIVERSITI BRUNEI DARUSSALAM



On 17th September 2014, a total of 18 graduates from Universiti Brunei Darussalam (UBD) received the Brunei LNG Academic Excellence Awards held at the Chancellor Hall, Universiti Brunei Darussalam. The main event comprised of the presentation of University Medals and Book Prizes in conjunction with the University's 26th Convocation Ceremony.

"The University Medals and Book Prizes are designed to emphasise on educational excellence as well as acting as an incentive for undergraduate to work towards success", said the Permanent Secretary of Higher Education at the Ministry of Education and Vice Chancellor of UBD, Dato Dr Haji Zulkarnain Haji Duraman.

On hand to present the prizes and awards to the recipients was the Honourable Minister of Education, Pehin Dato Haji Awang Abu Bakar bin Haji Apong. The award given by Brunei LNG consisted of a certificate and B\$1,000 cash to silver medal recipients.

This is the sixth time that Brunei LNG has contributed towards rewarding UBD graduates for their success in the areas of educational development and human capacity building. The contribution is part of Brunei LNG's continuous efforts towards maintaining a sustained educational support under the company's Corporate Social Responsibility programme.

PRIDE IN YOUR DELIVERY- PEOPLE DEVELOPMENT WEEK

On 29th September 2014, the Human Resources Function (HC) organised and launched the People Development Week 2014. This is part of the global initiative in profiling the importance of people development for all staff. The event at the NMSC building was held for 4 days and was officially launched by the MD/CEO Mohamad Awang Damit. Various open forum and Lunch & Learn sessions were held to give opportunity for staff to learn and make reference in areas that interest the individual staff. Around 200 attendees registered in all the 18 different sessions held during the event.



Among those sessions were on:

- Coaching & Mentoring
- Capability Development
- Career Development
- In –Role Development
- Mentoring Circle
- Several Lunch & Learn sessions (e.g. Life as a Moorer, etc.)
- Balancing Work, Study & Life
- Crucial Conversation
- Contributing to the Nation
- Thinking Outside the Box
- Changing Lifestyle for a Healthier Life
- Life on International Assignments
- HR Tools – enabling your career development
- Follow the Money



The MD/CEO in his opening remarks highlighted few key messages, in which among others are

- To change overall staffs' perception on Individual Development Plan (IDP) into a more meaningful one.
- The importance of having a quality IDP that is driven by the individual employee to have a quality discussion with supervisor who will guide individual through a quality one to one discussion.



- IDP discussion is now elevated to Leadership Team for Functional review where historically it was only discussed among the individual and Supervisor.

As part of the Change Journey, the “People, Work Culture & Leadership Work Stream” has progressed the people agenda aimed to enhance the talent pipeline now and into the future. Getting the basics right is important as part of our capability building. for example, SMART Goals & Performance PAs, IDPs, up to date Succession Planning, Competence Assessments with gaps closure plans identified and in role developments opportunities. In order for all these to work, an important component is ‘YOU’ and your involvement. ‘You’ need to drive your development with the support of your immediate



supervisor and line manager.

People is the most important asset as:

- We need competent, energised and motivated employees to deliver our product sustainably and contribute to our nation's GDP.

To achieve our corporate objectives on People we need to:

- Develop competency as one of the important factors for a High Performing Organisation
- Embed Change as a significant starter for an individual. Change.... starts with me

Since Brunei LNG is one of the major contributors to our country GDP (60%), we will continue to strive to make the organisation as one of the best places to work for. To reach our goal, we need to enhance and further embed our sense of pride in our business in which the theme “Pride in Your Delivery” in the People Development Week 2014 thus aligned to our People Strategy.

BSJV COMPANIES, SDB AND BGC HOLD BEACH CLEANING CAMPAIGN



Some 600 people attended the Brunei Shell Joint Ventures (BSJV), Shell Deep Water Borneo (SDB) and Brunei Gas Carriers Sdn Bhd (BGC) Beach Cleaning Campaign in the Belait and Muara Districts on 20th September 2014.



The clean-up was held concurrently along the beaches at the Billionth Barrel Monument and Lumut in the Belait District as well as Jerudong in the Brunei-Muara District. The event was jointly organised by Brunei Shell Petroleum (BSP), Brunei LNG, Brunei Shell Marketing (BSM), Shell Deepwater Borneo (SDB), Brunei Shell Tankers (BST) and Brunei Gas Carriers (BGC) to celebrate 85 years of Shell in Brunei. The event was also held to commemorate the International Coastal Cleanup 2014 (ICC2014) under the theme "Turning the Tide on Trash".

The Lumut Beach clean-up which was led by Brunei LNG, had a total of 143 volunteers comprised of staff from BSJV companies, SDB and BGC as well as



students from the Liang Lumut area, Fire & Rescue Department, 3rd Battalion, Forestry Department, members from local community, and youths from the Ministry of Culture, Youth and Sports.

Besides promoting environmental conservation, the event also helped cultivate the spirit of volunteerism and 'gotong royong' (mutual cooperation) among staff, youth and members in the local community. A large presence of the younger generation further demonstrated the increasing environmental consciousness in Brunei.

The BSVJ companies, SDB and BGC are keen supporters of Brunei Darussalam's efforts to promote environmental sustainability. This has been demonstrated through a number of collaborations the BSVJ companies have with the Government and private agencies in various key projects.

One of Brunei LNG's collaboration includes their restoration project, particularly focusing on Peatland preservation and management as part of its commitment to support the Heart of Borneo initiative. With official endorsement from the Brunei Government, Brunei LNG has blocked the Lumut canal at the East of the Badas peat dome to help raise water levels in degraded peatlands to address and minimise the risks of fire hazards and flooding linked to the degradation of peatlands. This not only benefits Brunei LNG from a reduced risk of fire exposure of its assets, but also in minimising potential negative environmental impacts towards its fence line community from haze exposure due to fires.

The event was also organised in support of the world's largest single day volunteer effort to clean up our earth's beaches, lakes and rivers, International Coastal Cleanup 2014 (ICC 2014), which is coordinated by Ocean Conservancy. The ICC 2014 is a worldwide event initiated by Ocean Conservancy in 1986, marking this year as its 29th anniversary. It is celebrated on the third Saturday of September each year with the aim to engage citizens to remove trash and debris from beaches and waterways all around the world, identify the sources and change behavioural patterns that contribute to pollution.

Ocean trash or litters compromises the health of humans, wildlife, and the economies that depend on a healthy ocean. Keeping our ocean free from trash is one of the easiest ways to make the ocean more resilient. From creating less trash to using proper trash disposal, everyone can help keep our ocean clean and free of debris.

7TH OM/EM & USER NETWORK MEETING 2014



On the 23rd-25th of September, the Operation and Engineering Function of Brunei LNG hosted the 7th OM/ EM and User Network Meeting. Leading the team from Brunei LNG was Haji Abd Rahman Sirat, the Operation Manager (OM) and Wim Van Vliet, the Engineering Manager (EC). The event was held at the Empire Hotel & Country Club. The meeting provides an excellent platform to exchange new ideas and best practices, and at the same time forging relationships with other managers from different companies around the world.



A total of 36 delegates from 11 different international companies participated in this meeting. Aside from presentations, the program also include numerous interactive sessions. The key themes discussed were Asset Reference Planning (ARP), Gas Value Chain, Technology deployment and Gas Game version 2, extending the focus to Production Critical Elements. Strong support was obtained to develop proper ARPs for all sites and feedback was very positive. This is the first time that the team has chosen Brunei to host this kind of event.

GAS AND LNG PROCESS USER NETWORK (GLPUN) CONFERENCE



Brunei LNG Sendirian Berhad successfully hosted the Gas and LNG process user network (GLPUN) conference. The event took place at the Empire Hotel & Country Club from the 7th to the 10th of October 2014. The conference aimed to share & discuss specific site issues on process safety, new technology development and Root Cause Analysis (RCA). Over 50 process engineers and operations representatives from all LNG, Gas and GTL sites around the world attended the meeting.

There are some worthwhile innovations that were shared by Brunei LNG representatives. The first one was the War on Leak. This is a proactive identification of leaks with infrared camera. The use of this new technology throughout the plant sites brought about an identification of 327 leaks in which this could not be detected with the use of traditional gas leak detector. Another one was the Digital Real Time Radiography (DRTR) a new method for testing of welding quality. This is safer equipment with low and more focused radiation. It increases efficiency and gives more certainty as the entire surface is checked. The job can also be done in a normal operating hours.

The participants' feedback highlighted the value of the 1:1 informal discussions that this meeting provides. The operational services team of Shell P&T looks forward to organising the next GLPUN conference in 2016.

TAHLIL AT ROYAL MAUSOLEUM



On 8 July 2014, Brunei LNG, Brunei Gas Carriers (BGC) and Brunei Methanol Company (BMC) jointly held a 'Majlis Bertahlil' at the Royal Mausoleum in Jalan Tutong. The recital of Surah Yassin, tahlil and Doa Arwah was addressed to the late parents of His Majesty the Sultan and Yang Di-Pertuan of Brunei Darussalam, Al-Marhum Sultan Haji Omar Ali Saifuddin Sa'adul Khairi Waddien and Al-Marhumah Duli Raja Isteri Perigiran Anak Damit.

Present at the event was Mohamad Awang Damit, Managing Director/CEO of Brunei LNG, Haji Shahbudin Haji Musa, Managing Director of BGC



and Daud Haji Jais, Deputy Chief Executive Officer of BMC; along with senior officers and staff of the respective companies.

The event is part of annual religious events that Brunei LNG organised during Ramadhan and this year marked the first combined group from 3 companies. The recital of Surah Yassin, tahlil and Doa Arwah was led by Ustaz Mohd Rifaie Mohd Noor, Assistant Counsellor from Brunei LNG.

MAJLIS KHATAM AL- QUR'AN

In conjunction to the holy month of Ramadhan, Brunei LNG held a Khatam Al-Qur'an ceremony, which was organised by the Badan Pekerja-Pekerja Islam (BPPI) on the 23rd of July. The Khatam Al-Qur'an ceremony and the tahlil recitation is an annual event that is always held during the month of Ramadhan. During this event, we also welcome recent converts.



The guest of honour at the event was Brunei LNG's Legal and Communication Manager (LC), Mohd Husini Hj Bakar. Also in attendance was Brunei LNG staff and business partners.

There were a total of 25 participants that consisted of 19 men and 6 women. Some of the participants who joined were from Brunei LNG business partners. A number of the

Brunei LNG staff that participated has been joining the Khatam Al-Qur'an ceremony annually. Leading the ceremony was Mohamed Bakrin Hj Awg Abas.



A number of the participants found the event to be very encouraging and was well received by the staff and business partners of Brunei LNG.

"The Khatam Al-Qur'an is our way of celebrating our success on completing all the 30 Juz of the Holy Qur'an. Being able to lead the Khatam group was an interesting experience for me. The turnout was encouraging from both the staff and business partners. Hopefully we will be able to participate again for next years event." - Mohamed Bakrin Hj Awg Abas

"As for me, I have participated the in Khatam Al-Qur'an ceremony at Brunei LNG ever since I joined the company in 2008. Alhamdulillah, I have not missed in my participation of this event. And I just hope that there will be more participants from Brunei LNG staff during the Khatam Al-Qur'an ceremony next year."

- Suhartini Suhaini

To end the ceremony, the BPPI have invited Imam Aminuddin and his colleagues to perform the Dzikir. Lastly, we also welcomed one of PD Enterprises staff who has recently converted to Islam, Dayang Rudiah binti Muhd Halim formerly known as Dayang Rudiah binti Eding.



BLESSING PRAYER FOR HAJ PILGRIM 1435 H



On 4th September 2014, the "Badan Pekerja-Pekerja Islam" Brunei LNG organised a blessing prayer for employees going to Haj Pilgrim in Mekah. This year only one employee, Hjh Diana Dua, Operational Safety, Emergency



Response Lead, (HSER) from Brunei LNG received the Haj quota.

Travelling with her husband who is the first timer to Haj made her feel so fortunate to have this valuable opportunity. Present as the guest of honour was the Senior

Plant Manager, Hj Mohammad Hj Jaya. The prayer was led by Mohd Rifaie Hj Mohd Noor, Junior Guidance and Counselling Support, (HML/321). The event concluded with the handover of contribution from the company by Hjh Zainab M.A Omar- Human Resources Manager.

FEATURED ARTICLE

OUR ROLE MODEL ON A HEALTHIER LIFE TRANSFORMATION

By Nurwena Abdullah



Before

After

Healthy Lifestyle or Healthy Living is becoming a big trend now around the world today. People are easily enticed with activities or products that have healthy element in it. In Brunei, people are more aware and concern about their health. Various healthy related activities have been organised throughout Brunei by governmental, NGOs and corporate bodies, such as charity run, family days, cycling and so on. Amongst many health related issues suffered by Bruneians is obesity. Like all health related issues, it requires commitment, perseverance and strong will in order to change and live a healthy life.

Brunei LNG has also become more involved in the Healthy Lifestyle initiatives to ensure their staff are hip and healthy while working. Healthy Lifestyle Programmes (HLP) have been organised weekly such as the flexibility exercise, zumba, trekking, and even a monthly HLP activities as a corporate event. Additionally, a healthy food promotion and healthy food menu are also being introduced at the canteen. This indicates that people are more health conscious in the midst of the hustle and bustle of their daily lives.

One good example as a role model in a healthier life transformation in Brunei LNG is Afzan Aziz. He is one of the many individuals in Brunei LNG who has been successful in his transformation. Not only has he quit smoking, but he has also lost an immense amount of weight along with it. Afzan, a 28 year old man who has never been slim or fit since he was a child lost 51 kilograms in the span of 7 months. Here is an insightful moment with Afzan extracted at an interview with him.

1. What motivated you at the start of your weight-loss journey?

It all started when I quit smoking and because of that I tend to replace my cigarettes with snacks, and I realised I'm gaining more weight, I look myself in the mirror and say "I need to change" and I also think without a healthy body we can't achieved anything in life.

I approached a friend of mine to help me on how to start and what food to take, also the right exercises to do.

2. Were there any challenges and what were they?

Yes. Especially at the beginning it's really hard to overcome the cravings of food and changing the food I take. It also takes discipline to change my habit of eating and my lack of exercise.

3. Do you feel any difference in your life now compared to before your weight-loss journey? Kindly shed some light on what you feel is different in your life now.

Yes certainly, I feel more energetic now, more confident with myself, shopping is more fun now. And the most important thing is I feel healthier.

4. How do you overcome the times when you feel lazy or demotivated?

There are times when I feel lazy or demotivated but every time it comes I always remember why I started, why am I doing this and I already set my own target. I will feel ashamed with myself if I don't reach it.

To avoid being lazy on your physical exercise, do something or a sport that you enjoy.

5. What advice would you give to people who want to go on this healthy lifestyle change?

You need to be mentally and physically prepared, ask yourself if you're really devoted to it because if you are then nothing can stop you. Start slow by cutting your meals into half and doing exercises by walking 20-30 minutes every day and the rest will automatically follow.

6. Do you have any weight-loss tips for them?

Stop drinking canned drinks, drink a lot of water, replace white rice with other carbs such as wholemeal bread or brown rice, eat lean meat instead of the fatty parts, processed & fast food are not good for the body, exercise at least 5 times a week, do a bit of weight training because the more muscle you have the more calories you will burn and if you're jogging or running try to do more each week/month, always monitor yourself and Insya Allah you will see the results.

TOWARDS A HIGH PERFORMING ORGANISATION BY 2017



PEOPLE & LEADERSHIP - THE HEART OF CHANGE JOURNEY

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