Blog on the ASEAN Employee Engagement Activities

1. Q2 - Plank Challenge
2. Q2 - Tiktok Fun Plank challenge
3. Q3 - ASEAN Logo and Banner Competition

Hello ASEANites! Hope everyone is safe and is doing fantastic this time of the year. We have decided to write a blog on our ASEAN Engagement Activities. Since this is the first time we are writing this blog I hope you like it. We plan on issuing this publication on a quarterly basis and cover all our fun engagement activities for that quarter.

This publication is for Q2.

Before I begin let me introduce you guys to our ASEAN Employee Engagement Team formed and let by our Marigrace Chico. Our team includes 7 participants who work very very hard to keep us engaged and ensure we have fun even though we are not working together under one Roof.

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Our Quarter 2 as we all know has been with all of us working from home and trying to get used to our new way of living. Our team had come up with a list of fun activities to keep all of us engaged, active, healthy and fun.

The first activity planned for our team was the Fun Plank Challenge within ASEAN for men and women. The activity was also extended for the country Tiktok fun plank video challenge. Our first thought was that for all the fitness freaks in our team, the first fun activity planned was surely fun for them and for the not so fitness freaks everyone wondered how on earth are we going to manage that.

The challenge first started with all the team members in the country recording the longest time for holding a plank. The top 2 shortlisted Men and Women from each country competed in our Round 2. This may sound easy as all of us had the time and energy to do the recording at our own pace and time. And it was! You will be surprised to know that we had our folks recording 22 seconds to 10min of time frame. Yes you read that right 10 minutes. (We all wondered who that person was)

Now the Round 2 had to get tougher than the round 1. Hence, we had a live session of the top 2 contenders of each country. Oh Boy! That was tough as once you start, you cannot stop as your being watched, somehow, this actually helped our lovely folks to perform better than their own recordings as it definitely was very competitive and everyone wanted to do their best. The results were fantastic.

Round 3 or our final round had to be tough was again tougher than the round 2, and these were competed by the top contenders of all the 6 countries, man and woman. These results amazed everyone. We also had some amazing outcomes in place that Women outperformed the men! Yes the women in our ASEAN team. Own it and be proud of it. (all thanks to Nikki of Course)

We have attached some of the videos and pictures for you to enjoy. Hope you like this blog, if you think we can make any changes to it, please do provide us your feedback.