

2nd Forum on Retired Executives & Professionals
-Tapping Opportunities-
Speakers' Profile

Session I

**PART TIME GAINFUL EMPLOYMENT FOR RETIRED
SENIOR EXECUTIVES AND PROFESSIONALS**

Speaker Mr. Jeff Kong
Managing Director of DF Group of Companies

Background

Pharmacist with special interest in retail pharmacy, traditional herbal products and health foods.

Prior to setting up his own business, Jeff had the opportunity to work for various multinational companies in the healthcare sector for more than 5 years. He has been active in promoting healthy living through healthy eating and supplementation.

Jeff is currently a committee member of the International Trade and Industry working committee of the Associated Chinese Chamber of Commerce and Industry where his contribution has left a mark with the other committee members.

Synopsis

As the owner of an SME company in Malaysia, I am always on the lookout for new business opportunities, not just locally, but also internationally. One of the greatest challenges I face is the lack of human capital where the company cannot afford to employ too many senior executives and professionals. By engaging retired senior executives who have a whole lot of experiences in their respective fields, I believe this will be a good option for my company and other SME companies in Malaysia to continue to grow in leaps and bounds.

There are 6 areas that retired senior executives can contribute: Finance; Legal; Marketing; Admin/Human Resource; and Communication.

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OVERVIEW OF RETIREMENT IN DEVELOPED COUNTRIES

Speaker Mr. Yong Chong Soon
Principal Consultant of CapTalent Consulting

Background

Mr. Yong Chong Soon came out of retirement to pursue his mission of being one of the best consultants in Human Capital Solutions. He has the requisite experience and a rich network to help him succeed. He brings with him invaluable experiences dealing with human capital from more than 20 years of corporate life. He had a coaching, training, and consulting role when he was the Network Development Director with USANA Malaysia for about a year.

As an individual who enjoys interaction with people while absorbing new ideas and thought processes, Chong Soon is well positioned to know what organizations need in terms of human capital, and equally important, he knows candidates' aspirations. He feels most accomplished when a talent is matched with a good employment.

Synopsis

In the late 20th century, organizations that enjoyed an abundance of young workers, fueled by the unprecedented baby boom that stretched from 1946 until 1964 are now finding a critical shortage of younger workers. At the same time, due to rising longevity and the aging of the baby boom generation, we are now experiencing an unprecedented growth in the numbers of mature workers.

And yet, the vast majority of organizations persist in recruiting, training, engagement, and retention strategies that were created and designed for a youthful workforce. New demographic realities require a radical rethinking of our workforce strategies.

We will take a look at how some countries and organizations capitalize on the powerful growth of the new mature workforce.

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Session II

EAT WELL TO AGE WELL

Speaker Mr. Kenneth Loh Ern-Ken
Dietitian of DF Pharmacy Sdn Bhd

Background

Mr. Kenneth Loh has recently graduated from the International Medical University with a Bachelor's Degree in Nutrition and Dietetics. He received the Book Prize Award 2013 - Leadership in Nutrition and Dietetics from the university and hopes to bring this field to greater heights, especially in Malaysia, where the awareness of food and nutrition is very much lacking. He believes dietitians have a key role to play in educating the public on healthy eating habits to fight against diet-related diseases and stay healthy.

Synopsis

“Food just doesn’t taste the same anymore.”

“I’m just not that hungry or thirsty.”

“I don’t enjoy eating because I can’t chew my food well.”

Sounds familiar? Many older adults have trouble eating well. As you get older, it is important to continue choosing healthy foods and enjoying eating as a social activity that you can look forward to. Learn how to use every meal and snack as an opportunity for maximum nutrition and find ways to improve your diet to fit with your personal tastes, ability and lifestyle

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Session III

COMMUNITY FARM GARDEN

Speaker Mr. Josh Liew
Project Director of Project Harvest Mini Cameron
Highlands Garden Sdn Bhd.

Background

Mr. Josh Liew has been setting up mini Cameron Highlands with running the main project which calls as Project Harvest School Holidays Camp. He also serves as a chief instructor for the above project and also consultant in setting up the modern farming like hydroponic farming system and vertical farming with 2 year experiences.

Synopsis

Community Farm Garden is an Idea that to promoting Urban Farming or Town Farming System. With this concept, the communities of the entire area can share the harvested product, yet to share the Joy and knowing each others who live in the same town. As we know, the common issue at town area are usually not spending their time with their neighbours, some time they not even know people staying next door. With this concept, people can easily build up the relationship to each other, and the Harmony of the Communities.

People who live at town, usually spending most of their time for works, but their senior family member will normally spend their free time with T.V programme, with the Community Farm Garden, we actually providing a healthy lifestyle or activities for them. The Farm Garden will encourage them to spend more time at outdoor rather than spend their time on the flat T.V screen, the farm can keep them active, to stay healthy in terms on physically yet in mentally as well.