

THE EXPAT[®]

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Stimulating Your Creative Juices



Are you dreading the next company meeting? Not looking forward to the same old stuff that stopped working years ago? Boring talks, unproductive discussions, and the standard, uninspiring Malaysian buffet that makes you too sleepy to concentrate afterwards?

Well, a chic new hotel in Melaka is looking to change all that with their 'active meeting' concept. Rosa Malacca, run by an enthusiastic young couple and a talented Scottish chef, wants to inject some much-needed energy and life back into the standard business meeting.

You may be wondering exactly what an 'active meeting' is, and how it might differ from a regular meeting. It's actually not itself a new concept, but it is still relatively fresh in Malaysia. The

concept was developed over the years by nutritionists around the world who were looking create a more productive setting for business meetings, and the chefs at Rosa have adapted it to suit the young and healthy lifestyle of Malaysians – both in terms of food and ambiance.

Rosa Malacca itself carries off a chic industrial style which spills into its meeting room area. The bare brick walls, metal chairs, distressed wood, and plenty of live plants give an air of buzzing creativity, which sets it apart from the standard cold, business meeting rooms of many hotels. Just walking in, you're set at ease and ready to fire up those creative gears. But the main focus of Rosa's active meeting concept lies in the food. The idea is to provide a healthier alternative to the traditional offerings for morning and afternoon breaks. In practicing this active food concept, Rosa Malacca is constantly aware that the food we consume affects brain functions. Research has shown that eating the right food at the right time can improve concentration, reaction time, and the ability to learn. The right food can also reduce stress levels, which in turn can positively impact the quality of a meeting.

So Rosa's in-house chef has come up with a menu that is streamlined to

increase productivity and creativity by maintaining a balanced sugar level – not too high and not too low – so as to avoid the dreaded post-meal 'sugar-crash'. They pick the right types of food to make sure that the brain remains responsive even after a snack break or lunch, thus increasing concentration and reducing fatigue.

Forget the typical high-sugar and high-sodium snacks, or the greasy, carb-loaded lunches that Malaysians are used to: Rosa's plan of action includes serving up food that is nutritious and tasty, cooked almost exclusively using the sous vide method that retains the flavours of the food without losing any of the nutrients to the standard high-heat cooking process.

Everything from the meat to the vegetables are cooked in a low-temperature water bath. Rosa Malacca has set itself up to be the go-to venue for companies that want to conduct a creative and results-oriented meeting that is both productive and consciously healthy.



RATES

RM138+ to RM168+ per person
Minimum 20 participants

For more information on meeting packages, check out rosa.com.my