

# the Cornerstone



## INTRODUCTION

It's that time of year again — which means it's time for our Christmas newsletter! As we wrap up an exciting year, we celebrate a return to vibrant in-office workspaces (along with the success of our on-site Sky Gyms), and welcome new, valued tenants to our community. You'll also find inspiring holiday quotes and learn about our ongoing charity partnerships.

On another exciting note, we have refreshed our RGM website and encourage you to visit us online at [www.rgm.co.tt](http://www.rgm.co.tt) to check out our new look!



HERE'S TO A SEASON OF WARMTH, WELLNESS,  
AND NEW BEGINNINGS.

WISHING YOU A *Merry Christmas*  
AND A PROSPEROUS *New Year!*



## MEET OUR NEW TENANTS

A WARM WELCOME TO OUR NEW TENANTS — WE'RE THRILLED TO HAVE YOU JOIN OUR COMMUNITY  
AND LOOK FORWARD TO SUPPORTING YOUR SUCCESS IN EVERY WAY:

### ALBION PLAZA

Carenet Health TT Ltd., Guardian Asset Management and Investment Services Ltd. and Guardian Group Trust Ltd, HRIZONS Caribbean LLC and Keith Lawrence Henry Electrical Co. Ltd.

### SAVANNAH EAST

Massy Finance Remittances, Baker Hughes (Trinidad) Ltd and Proman Limited.





# Christmas Corner

This Christmas season, we're honoured to again support The Cyril Ross Nursery, The Lady Hochoy Home, and Bethesda, three incredible organisations making a difference in our country. We also add Amica House — also doing important work — to our list this year.

**The Cyril Ross Nursery**, provides essential care and support for children living with HIV/AIDS, helping them thrive in a nurturing environment.

**The Lady Hochoy Home** is dedicated to caring for individuals with special needs, offering them a safe and supportive home.

**Bethesda** provides care and services for those living with disabilities, ensuring they have the resources they need to lead fulfilling lives.

**Amica House**, a safe home for girls in East Trinidad, currently provides shelter and care for 20 young women in need.

Through our contributions, we hope to bring them all holiday cheer and a bit of comfort. Thank you for joining us in making this season brighter for all.

## Get Inspired!

- ★ "Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves."  
— Eric Sevareid
- ★ "He who has not Christmas in his heart will never find it under a tree."  
— Roy L. Smith
- ★ "Christmas, children, is not a date. It is a state of mind."  
— Marjorie Holmes





# BACK TO WORK IN THE OFFICE AFTER COVID IN THE CARIBBEAN

The return to office life after the COVID-19 pandemic marks a significant transition for workers in the Caribbean, a region deeply affected by the global crisis. With many employees having adjusted to remote work, the shift back to physical office spaces brings both challenges and opportunities.

One key challenge is managing the cultural shift. Caribbean workplaces are known for their vibrant interpersonal dynamics, where collaboration and camaraderie play pivotal roles. However, after prolonged periods of isolation, employees may feel apprehensive about resuming in-person interactions. Organizations must address these concerns by fostering open communication, promoting mental health support, and gradually easing staff into office routines.

Health and safety remain priorities. Caribbean businesses are implementing measures such as improved ventilation, frequent sanitation, and encouraging vaccination to reassure employees. Flexible policies like hybrid work schedules allow staff to balance home and office responsibilities, accommodating the unique realities of life in the region, such as extended family commitments and long commutes.

On the positive side, returning to the office rekindles the sense of community that is integral to Caribbean culture. The return of shared lunches, brainstorming sessions, and team celebrations reinvigorates workplace morale. Additionally, for businesses reliant on face-to-face interaction, such as tourism and hospitality, having employees back in physical locations strengthens service delivery and customer relationships.

This transition also highlights the region's resilience and adaptability. Many businesses are now leveraging lessons learned during the pandemic, such as integrating digital tools and fostering greater workplace flexibility, to create more robust and future-ready operations.

Ultimately, the return to office work in the Caribbean is about striking a balance between preserving the region's rich interpersonal traditions and embracing the innovations spurred by the pandemic. With thoughtful approaches, this shift can yield stronger, more connected workplaces.





# REACH FOR THE SKY:

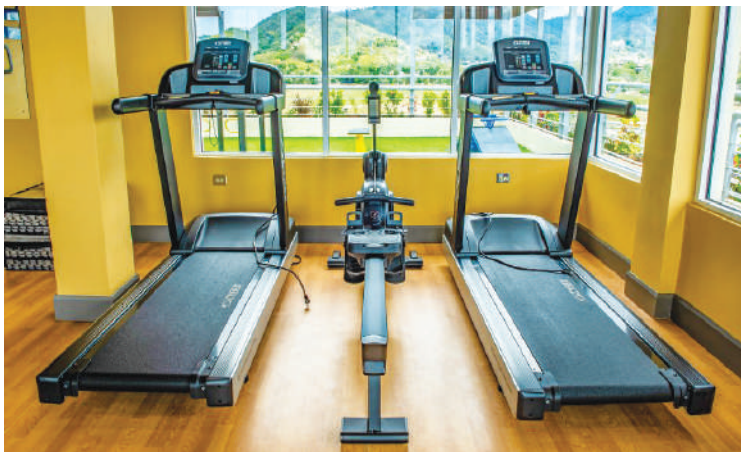
## RGM'S SKY GYMS ARE STRENGTHENING WORKPLACE WELLNESS



In May 2024, Albion Plaza and Princes Court launched their state-of-the-art Sky Gyms, bringing a new dimension of wellness to RGM tenants. These high-altitude fitness centres have quickly become popular, mirroring the success of the established Sky Gym at Savannah East, and collectively bringing the total number of Sky Gyms at RGM facilities to three.

Because we understand that a healthy workplace is a productive one, the gyms are part of RGM's larger commitment to enhance tenant satisfaction. From the employee perspective, having access to convenient, high-quality fitness resources has already led to improved energy levels, better focus, and an overall sense of well-being that positively impacts performance.

Looking ahead, we plan to expand our wellness offerings with a new Sky Gym at Newtown Centre, slated to open in 2025. This facility will echo the current features of its counterparts, while also including a fully equipped Conference Centre with meeting-ready furniture and Wi-Fi. Together, RGM's Sky Gyms continue to redefine the work environment, combining fitness and functionality for a truly elevated workplace experience.



### SPACE AVAILABLE

**NEWTOWN CENTRE** - Maraval Road, POS



Excellent location, close to business districts, support services and restaurants

4th Floor: 2,840 sq.ft.

Staffed reception area

Secure basement parking | Rooftop facility

The gym, lounge area, and conference room are coming soon!



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