



"Prevention Is Better Than Cure" – GE Women's Network HK Hub Promoted Breast & Cervical Cancer Prevention



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For full story, please click [HERE](#)

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What Happened

Shanghai Hub

- "Dine & Share" with Candy Carson and Molly Burke
- Career Development Coaching Round Table with Bill Meeker

Beijing Hub

- GE Healthcare Plant Tour for EID Students

Wuxi Hub

- Roundtable Session with Yan Chen
- Career Development Speech by Rod Roberts

Hong Kong Hub

- Stationery and Toy Drive
- Breast and Cervical Cancer Prevention Talk
- Back-Care Yoga class

Taiwan Hub

- P-I-E and Career Development
- Career Development Talk with Chih Chen

Who's Who

Marilyn Lye

General Manager of GE Sensing, Advance Sensors, Greater China

Something Useful

Start Building a Healthier Life in Autumn



Contact us

What's Coming

Shanghai Hub

- Personal Financial Planning

Beijing Hub

- Pink Month
- Help You to Achieve Financial Freedom-Loan

Hong Kong Hub

- Job Shadowing Day
- Kick-off gathering for MyConnection
- Thank You Event

Taiwan Hub

- Mind Health: Healthy diet for happy life

Wuxi Hub

- My Growth Path Sharing
- Career Development Workshop
- Women in Technology Event
- Book Reading Sharing

South China

- Open Day



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In order to raise the awareness of living a healthier life and early prevention of diseases among GE colleagues (both male and female), GE Women's Network Hong Kong Hub organized a Breast and Cervical Cancer Prevention Talk in July and further promoted the concept of "prevention is better than cure".



During the week of July 28th, WN HK Hub invited Ms. Cindy Lui, a Health Educator and a registered nurse with Hong Kong Adventist Hospital to conduct two 1.5-hour talks during the lunchtime on Breast and Cervical Cancer Prevention, one in English at the Lee Gardens Office and one in Cantonese at the Langham Place. During the one-and-a-half-hour session, Ms. Lui did not only share with us the situation and factual data of the two cancers in Hong Kong and Asia, but most importantly, how to prevent the diseases. The fact is that most women are aware of the Breast Cancer but not familiar with the

Cervical Cancer. As a matter of fact, the information on Cervical Cancer has only been available to us for few years in Hong Kong.

Most people think that Cervical Cancer must be related to sexual behavior. But according to Ms. Lui, sexual behavior is only one of the causes. We never imagined that "smoking" can also be one of the causes, too. Besides, there are around 200 types of Human Papillomavirus (HPVs) and they can be easily passed to people. One of the tips for preventing yourself from getting infected by HPVs is not to use the public towels in the hotels, clubhouses, etc. Another effective preventive method is to receive the HPV vaccines. The vaccine works most effectively for females aged 9 – 26 years, preferably not sexually active. It's not only to protect ourselves, but also our children.

Thanks to Ms. Liu, we also learnt that our dietary habit is the key for preventing Breast Cancer besides routine checkups, and once again raised the awareness of Breast Cancer prevention.

Over 30 female employees took part in this event. But regrettably there was no single male employee joining us at the Talks. May be they were too shy to attend such talks with their female colleagues or may be they had never thought about that they're exposed to the risk of having Breast Cancer too. However, the truth is that there has been an increasing number of male having Breast Cancer (1%). If they do not start to be vigilant about the risk, it could be too late to prevent it. In this sense, we look forward to having more male colleagues to join us for this kind of talks in the future. On one hand, the talk can help our male colleagues live healthier lives themselves; on the other hand, male colleagues can help promote the awareness of health and disease prevention among their spouses and families by participating in the talk.



To promote a healthier life style and disease prevention among both our female and male employees has been a long-term commitment and goal GE Women's Network HK Hub has. We believe that with a good health and high energy, our employees will do a great job and continue to advance their career with GE!

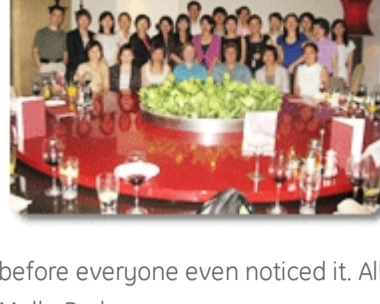


Shanghai Hub — "Dine & Share" with Candy Carson & Molly Burke



In the evening of August 6, 2008, more than 20 female and two male GE professionals from Energy, Commercial Finance, C&I, Global Research, Money joined Candy Carson and Molly Burke at Night Shanghai Restaurant for the "Women In Commercial - Dine & Share" session sponsored by GE Energy.

Candy Carson, an over-20-year GE veteran and now the Chief Finance Officer for GE Energy Service, shared her career experience in the financial field and how her father influenced her in a GE way. What very interesting is that Candy changed her major four times in her college time!!!



Molly Burke, who is now the General Counsel of GE Energy Service, shared her career development in legal field and her fantastic family life. She also suggested that young professionals not determine their career paths too early even though she chose hers at the age of 9.

After the sharing with the audience their great career lives, Candy and Molly also answered an array of questions regarding career development, while enjoying a very nice dinner. The two-and-half hour sharing session went by before everyone even noticed it. All the attendees enjoyed this relaxing and interactive sharing by Candy Carson and Molly Burke.

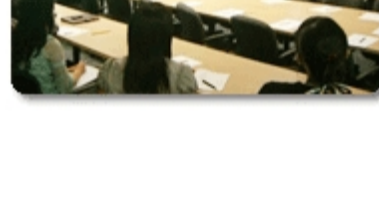
Career Development Coaching Round Table with Bill Meeker

On Sep 9th 2008, GE Women Network Shanghai Hub held a round table session with Bill Meeker, General Manager of the Energy Learning Center and Chief Learning Officer for Infrastructure in the China Technology Center in Shanghai, China.

All together 25 GE female employees, with GE service year ranging from one week to 12 years, joined this event. Through rounds of engaged discussion and Q&As session, Bill shared with the group his 16 years of HR experience at GE, and emphasized some key success factors in relations to career development, including:

The key development factor in career path

- The key development factor in career path
 - o 70% on job training & challenging
 - o 20% role model & mentoring
 - o 10% training



How to be a contemporary leader?

- Forward thinking and Open mind
- Practical with Courage
- Self motivated while know how to pull a team together

How to create inclusive working environment?

- More listen than talking
- Provide coaching and education, Share experience
- Authorization and Ask opinion from team
- Recognize and Reward



Advices from successful people

- Surround yourself with great people and get involved in community work
- Balanced work/life and always HAVE FUN
- Build a functional expertise and willing to take tough job
- Do everything with a sense of urgency

In the end, Bill wrapped up the session by asking the audience "Do you want to work for yourself?" which triggered another round of heated discussion and self-reflection by each participant. As Ben Franklin said, "Wasted strengths is like 'Sundials in the Shade'", Bill concluded, "we need to identify ourselves' advantages in the long career path, and at same time focusing on developing skills rather than accumulating titles".

Useful resources to share:

- Website recommended: learningpassport.ps.ge.com
- Book recommended: "Now, Discover Your Strengths", Marcus Bedkingham & Donald Clifton, PHD (《现在发现你的优势》) http://product.dangdang.com/product.aspx?product_id=9288180#

Beijing Hub — GE Healthcare Plant Tour for EID Students



After successfully supported GE 2008 Spring Campus Recruit Event, WN BJ Hub organized a Plant Tour at GE Healthcare Beijing site for EID (Early Identification) students on July 21. 60 EID students who joined GE through the Spring Campus Recruit attended the tour which turned out to be very successful.

The tour was kicked off by Xue Meng, Image Initiative Co-Leader of the WN BJ Hub, giving an introduction of GE Women's Network. Roger Zhou, XR, Surgery & MR Manufacturing Operation Manager also introduced to the audience the BJ Plant of GE Healthcare.



Wearing PPE to meet the EHS requirement, students were divided into three groups and led by employees from GE Healthcare GSC team during the plant tour. The tour guides showed the plant layout to the students first, and also introduced the plant scale, annual ICV output and products. When going through the MR, Surgery, X-Ray and CT production lines, the guides explained to the students what an effective supply chain is and how it can be measured using the LEAN Manufacturing concept in the workshops.

With a better understanding of GE Healthcare and GE's advanced management in supply chain and manufacturing after the plant tour, the students became more passionate about working for GE, and look forward to starting their career with GE in two-month time!

Wuxi Hub — "Listening To An Inspiring Lecture Is Like Reading An Insightful Book" - Roundtable Session with Yan Chen

It's never an easy job to succeed in one's career, and it can be even more difficult for women. To help female professionals advance their career at GE, WN Wuxi Hub invited Yan Chen, General Manager, GE Healthcare Asia Service Operations to share with GE female employees her experience as a senior female leader at GE. 32 GE Healthcare female colleagues attended the roundtable session on June 17.



In a relaxing atmosphere, Yan Chen talked about her work experience with GE, in different positions with different businesses and in various locations, from US to Beijing. Despite of the challenges along her career path, Yan loved her job very much, "I'm now in the Service Department which means various tasks and very busy schedule. I always feel that time goes by fast facing many challenges at the same time. And there are always a lot to learn and explore".

It seems inevitable that career women have to choose between family and work. Yan Chen is a good mother and also a good wife. When being asked what she would do if she was offered a better position but in a different location from where her home is, Yan never felt hesitated to give top priority to her family. "My home is in Wuxi. If there's a better position in Shanghai but my husband and children can't move there together with me, for sure I'll give it up!"

Yan also shared with the audience her tips in tackling culture difference, especially when it comes to communicating with your boss from the US based on her years of experience working in the US. "'Diversity' is a distinct cultural identity of the US, so you can just feel free to express yourself", Yan told the attendees, "most Asian people are not used to being direct when communicating with others while the Americans tend to be very frank about their views, and be open, which usually makes it easier to communicate with them at business meetings." Encouraged by Yan to express themselves freely, the audience became more and more active and engaged which led to a very interactive and heated discussion about the career advancement for female professionals.

In her closing remarks, Yan also highlighted her principles at work, "If there is a problem, always focus on the problem itself rather than focusing on who brought in the problem. Your team can only work as a team and deliver in a fair and open work environment you as the leader created for them."

Career Development Speech by Rod Roberts, GE Healthcare China HRD

On July 25, GE WN Wuxi Hub invited Rod Roberts, Human Resources Director of GE Healthcare China, to share with the female professionals at Wuxi plants on how to manage their career path. Rod's rich experience, and his humorous and vivid presentation impressed all the people attending the speech. After the event, two meeting participants shared their feelings with us.



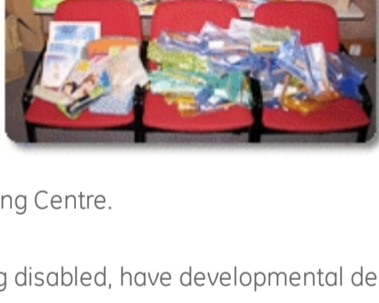
RUAN Yanhong from P - Tech: "Rod delivered his speech in a humorous and effective way. He shared with us how we can balance work and life from a man's perspective. Those are very fresh ideas to me. In addition, this activity provided us a good opportunity to communicate with senior leaders with successful careers, which will definitely benefit my career development in the future".

ZHENG Xiao from HCIT: "Rod's PIE (Performance, Image, Exposure) concept impressed me most. Performance refers to the outstanding performance at work. Keep improving ourselves so that we can be more capable of more important jobs.

Image refers to an appropriate professional image, which is especially important to women at work. Exposure means that we should learn to present ourselves at the right time and in the right place, in order to let more people know about us and about what we've been doing. I'll keep the PIE concept in mind to encourage myself to further pursue my career".

Hong Kong Hub — Stationery and Toys Drive 2008

During the month of July, our employees kindly donated to the WN stationery and toys drive. The event was coordinated in conjunction with our long time NGO partner, Hong Kong Christian Services. Amongst the Hong Kong offices, we collected 16 boxes of goodies for children and teens ranging from age 2 to 18.

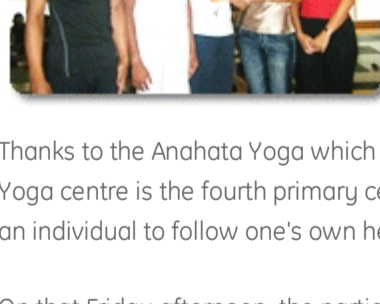


Beneficiaries include Ka Fuk Small Group Home, Shek Kip Mei Nursery School, Tin Heng Nursery School, Kwun Tong Integrated Children and Youth Service, Tin Heng Community Networking Project, and Yuen Long Early Education and Training Centre.

Most of the children and teens are underprivileged. Some are at risk of becoming disabled, have developmental delay, or have behavioral problems. A subset of the group is physically or mentally challenged.

Our employees are very generous in contributing to this event. A number of employees bought brand new stationery and educational toys for those in need. Alan Luk, Corporate Affairs & Community Relations of HKCS, gladly stated: "The children are very happy and grateful to receive such kindhearted donation from GE. Even our staff at Hong Kong Christian Services is overwhelmed with what were received." Alan has kindly taken a picture of a subset of the donation to share with everyone who has contributed to this meaningful event.

Back Care Yoga Class

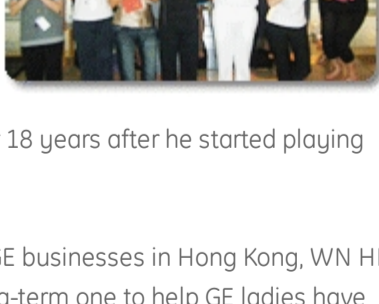


Apart from the Breast and Cervical Cancer Prevent Talk in July 2008, GE Women's Network Hong Kong Hub also organized a Back Care Yoga Class to GE Ladies on the first-come-first served basis on August 29, 2008 to continuously arousing the health awareness of the busy career women. We strongly hope that every GE lady understand the importance of "Prevention is better than cure", and can spend more time on exercise while they are working hard to achieve the Company's goals!

Thanks to the Anahata Yoga which has granted GE a complimentary 1.5 hours session to 20 GE Ladies. This Anahata Yoga centre is the fourth primary centre represents love, compassion, charity, humor and courage. Anahata enables an individual to follow one's own heart and to make decisions outside the realm of karma.

On that Friday afternoon, the participants were very excited to arrive at the Anahata Yoga centre at around 4:15pm. We were very delighted to have the Chief Instructor to kick off the session with his demonstration. The difficulty of his motion truly impressed every one in the class.

During the 1.5-hour workout session, most of us really enjoyed the session which helped stretch our muscles and let us feel more comfortable after the class. "It is not an easy task to 'stretch' our arms, legs, etc as I have 'frozen' them for years!" one of the participants commented, "however, I realize and agree that exercising Yoga is very healthy for us and I have decided to join a routine class later". However, it was also the fact that some of us felt it like a "torture" because "it was unexpectedly required more energy than playing badminton or tennis", said another participant. Nevertheless, our class was full of laughter and the instructor of our session told us that he had not been sick for 18 years after he started playing Yoga which we thought a miracle!



With less scattered office locations than before due to the co-location of some GE businesses in Hong Kong, WN HK Hub will be able to arrange more similar types of events sooner or make it a long-term one to help GE Ladies have more work-life flexibility!

Taiwan Hub — P-I-E and Career Development



In the heat of summer, Women's Network TW is honored to have two distinguished speakers joining the panel discussion on P-I-E and career development. Ethel Huang, currently GBS HR Manager, Asia Pacific and Cecilia Huang, VP Healthcare China, both are great role models with successful work experiences in Taiwan and China. To new employees, the discussions help deepen the understanding of P-I-E and individual career planning; for senior employees, the experience sharing helps clarify the individual view on the current career plan and provide inspirations to grow. They point out the key ingredients to success is positive thinking, good credibility, effective communication skills and working toward your goals instead of promotions.

Career Development Talk with Chih Chen

Chih Chen, GE's first Chinese Officer, President and CEO of GE Healthcare China, was invited to give a presentation on "Career Development in GE China" during his visit to Taipei in July. The event, sponsored by GE Corporate and co-hosted by GE Women's Network Taiwan Hub, was highly received. More than 60 participants across all GE businesses joined the event. As the first Chinese employee promoted to be a GE Officer, Chih shared his observations on the market in China and what cultural adjustments were made to succeed in being a leader in the market. His passions and energy were contagious. The participants were inspired and threw out questions and inquires on career advancement in China. Chih also pointed out the importance of setting up a platform for cross-strait talents mobilization. At the closing reception, the employees circled around Chih for more guidance and hoping for more opportunities to interact with more senior GE managers in the future.





Marilyn Lye

General Manager of GE Sensing, Advance Sensors, Greater China

Marilyn assumed this position in July 2008, based in Shanghai. Prior to this, she was in a commercial role with Sensing Greater China since Oct 2005. Marilyn received her tertiary education in Chemical Process Technology in 1984, Advanced Polymer Science in 1988 and a Business degree in 1992. She also earned a Master degree in Polymer Technology & Materials Engineering from Loughborough University, United Kingdom in 1994.

Marilyn has a total of 20-year experience in sales, marketing and manufacturing. She started her career in 1984 in polymer research & development in polymer blends and injection molding of electronics products with National University of Singapore. In 1987, she moved on to various sales and marketing roles for 6 years with Nagase, a large Japanese trading and distribution company.

She joined GE Plastics in 1994 as Customer Productivity Program Leader for SEA. Then she took on various marketing roles as Field Market Development in Singapore, overseas assignment as Market Development Manager in America and Taiwan. Marilyn returned to Singapore in 2001 and joined GE Polymershapes as Sales leader for SEA. Upon completion of integration of Polymershapes business, she joined the Global Marketing team as Industry Manager. Her last assignment was Sales Director, GE Sensing for SEA/ANZ till Sep 2005

Q1: First of all, congratulations on your new role as the General Manager of GE Sensing, Advance Sensors, Greater China! Could you share with us what your goals and vision are for your new role leading the business?

A: In this new role, I have to create and execute on a growth plan to grow this business. With our new factory in Changzhou being the core strategy, plus other potential acquisitions, the business is expecting me to make a seamless execution tightly with all functions such as technology, product management, supply chain and finance to realize the growth potential. Our vision is to make this business a real growth engine and achieve aggressive business targets within the next 3 years.

Q2: Based on your personal experience, what do you think are the strength of women taking a commercial role working on the frontline in the business? What can be some roadblocks for female employees to continue to advance their career?

A: Personally, I think women are generally more detailed and careful especially come to numbers. Women are also generally more sensitive and are always on the alert. This greatly helps women play the frontline commercial roles well, since anticipation and prevention is better than cure. Advance in career is all about choices and perspectives. With priority set on our goals and objectives, I strongly believe everyone has the ability to shovel roadblocks.

Q3: As a GE veteran and the "Women in Commercial" initiative leader of the China Hub of GE Women's Network, in what way do you think our female employees can benefit from the network in terms of career development at GE?

A: I believe mentoring is a good program for network and

learning. Identify a role model, find a mentor, try to attend as much GE Women's Network activities as possible. All these help the employee know and learn about others and oneself more. Again, different people have different views on career. Most important is to be clear about personal goals and manage expectation. Always do the best and make oneself ready for new opportunities.

Q4: As we all know, an expanded role at senior management level always guarantees more responsibilities. How do you maintain work/life balance? What are the biggest challenges?

A: Work-life balance is always on my development list. What I could suggest and what I am trying to do is to treasure every moment I spend with my family. However, the biggest challenge I face is how to totally forget about work when I am at home or at vacations with my family. I believe many of us do face the same challenge, but I have also seen many successful female CEOs, who can be our role models in terms of managing time and setting priorities to continue to advance in career.

Q5: Can you share something interesting about yourself that most of us don't know?

A: I am single, but I have 12 children! You may quickly raise your eyebrows and say "wow, what happens?" I have 12 adopted children ranging from ages 3 to 12 by now. They are from orphanages or social welfare homes which I used to visit while living in Taiwan and Singapore. I offered a contribution as their monthly pocket money, and I feel great about the ability to support them, and give love and help to them. Although I can only now talk to them on phone or emails, but knowing and seeing their growth path is one of the most satisfying moment I ever had.



Start Building a Healthier Life in Autumn

Autumn turns to be the best season for women to exercise and have outdoor activities. Through constant exercises, you'll definitely benefit from the natural 'glow' that might exceed your expectation.



Jogging

There is no better way, over time, to lose weight than with a good two-mile jog. It tones the muscles and bones. A good jog really gets the heart pumping and the blood flowing and brings circulatory systems into tip-top shape.

Jogging also has the mental benefit that most people are totally unaware of. Studies have shown conclusively that people who jog simply have a better outlook on life and are generally a lot happier. A lot of it has to do with the great feeling you get from getting out there and running a couple of miles. It's the sense of accomplishment that makes people feel good.

<http://ezinearticles.com/>



Yoga

Yoga originated over 5,000 years ago in India. Asanas are done to have an impact on the physical body stimulating organs and nerve centers. Meditation and breathing techniques influence the flow of prana (life energy). It's an effective way to strengthen your heart muscle and stretch and relax blood vessels. It can also lower your blood pressure and improve circulation, helping your heart function more effectively.

Yoga calm and center you. When the mind and body are in harmony you are then able to focus on spiritual goals.

<http://www.paralumun.com/yoga.htm>



Hiking

Hiking has particular qualities that will make you more flexible, have greater endurance and provide you with the ability to focus on whatever tasks you begin. In beautiful places you breathe in that beauty, you press pure oxygen into every part of your body and you experience the freedom of an unobstructed skyline. 'We are what we repeatedly do' Aristotle said and exercise outdoors in nature makes us more than simply 'fit'. They are the ways you choose to make your life.

<http://www.poitiveimpactliving.blogspot.com>