

NEWSLETTER

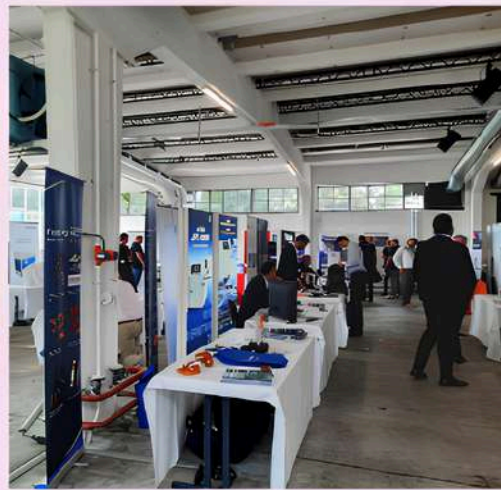
In This Issue:

- 01. 2026 Evertiq Expo Berlin
- 02. 2nd Healthy Snack Distribution
- 03. QDOS Recycling Contest
- 04. July Wellness Month
- 05. PGP Staircase
- 06. QDOS Hiking Challenge
- 07. Human of QDOS

QDOS at Evertiq Expo Berlin 2026

QDOS marked a successful participation at the Evertiq Expo Berlin 2026, held on 18 June 2026 at the TEC Event Campus Berlin. Our team proudly demonstrated our advanced expertise in Flexible PCBs (FPC), Rigid-Flex PCBs, and IC Substrates while networking with key industry professionals and partners across the electronics sector.

We extend our sincere gratitude to everyone who visited Booth 66 and engaged with our team. Thank you for your continued support, and we look forward to building future collaborations.



Meet Qdos Team at Evertiq Expo Berlin 2026

DATE
18 June 2026

LOCATION
TEC Event Campus Berlin

BOOTH
66

01-662 0000

2nd Healthy Snack Distribution



QDOS's 2nd Healthy Snack Distribution was successfully held on 20 May 2026 (BKP) and 21 May 2026 (PGP).

A big thank you to everyone who participated, as well as to our volunteers for their support in packing and distribution. We are truly encouraged by the positive response and hope this initiative continues to inspire healthier habits while promoting well-being across our workplace.

Together, we are making small changes that contribute to a healthier, happier, and more vibrant QDOS community.



An apple a day keeps the doctor away!



17th-18th June 2026 : Recycling Contest

Our Recycling Contest has successfully concluded!

Congratulations to all the winners, and a heartfelt thank you to everyone who participated. Your enthusiasm and commitment to recycling have played a meaningful role in building a greener and more sustainable workplace.

Let's continue this great momentum and keep up the excellent efforts toward a more sustainable future!



PGP Winner



BKP Winner



July Wellness Month 2026 Healthy Employees, Stronger Workplace

GOOD
things
ARE
COMING

Dear QDOS peeps!

Join us for a month filled with health, fitness, and fun! From health check-ups and blood donation to hiking activities and healthy living tips, there's something for everyone to enjoy.

Let's take this opportunity to care for our well-being and get healthier together as one QDOS community! 🌱

A Splash of Colour on Every Step

Who says staircases have to be boring?

Our office staircase has been transformed with vibrant rainbow colours and fun motivational messages, turning an everyday journey between floors into a brighter and more enjoyable experience



This staircase beautification is a simple way to create a more welcoming, positive, and energetic workplace. Sometimes, it's the little things that make the biggest difference.

So the next time you're heading upstairs, take a moment to enjoy the colourful journey – one step at a time! 🌈

ACTIVITY	TIMELINE
BASIC HEALTH CHECK UP Check today, stay healthy tomorrow!	WEEK 1 & 2 8 th July 2026 (BKP) 15 th July 2026 (PGP)
BLOOD DONATION (HR) Give blood, give hope!	WEEK 3 22 JULY Be a hero!
HIKING Explore more, stress less!	WEEK 4 25 JULY
HEALTHY SNACKS + HEALTH TIPS NEWSLETTER Small bites, big benefits!	WEEK 4 Good choices, better you!

Healthy employees, happier workplace! 😊

We're happy to hear from you:

Qdos Newsletter Team
Email: newsletter@qdos.com.my

QDOS

HIKING CHALLENGE



GROUP HIKING | PHOTOGRAPHY CONTEST



 **Date:** 25th July 2026 (Saturday)

 **Time:** 7am – 11am

 **Location:** Moongate Station 5

 **Transportation:** Own Transport

REQUIREMENTS

- ✓ Maximum 50 participants. (First come, First Serve)
- ✓ Registration is compulsory.
- ✓ Open to QDOS employees only.
- ✓ Participants must be physically fit for hiking.
- ✓ Comfortable sports attire & shoes are required.



SCAN HERE TO REGISTER



PHOTOGRAPHY CONTEST PRIZES

- | | |
|---|--------------|
|  Best Photo Champion | RM200 |
|  Best Photo Runner-up | RM100 |
|  Best Photo 2nd Runner-up | RM50 |
|  People's Choice Award | RM100 |



- Submit one (1) photo taken during the event by 25 July 2026, 11.30am.
- Winners will be announced on 11 August 2026.

! IMPORTANT NOTES:



The event may be postponed or cancelled due to bad weather.



Growing Through Experience, Leading with Perspective

Reflective. Resilient. Focused. Family-Oriented.
A journey of growth, gratitude and continuous improvement.



With **33 years** of experience, this interview highlights a professional who leads with calm, focus, and emotional intelligence. Challenges in work and life have shaped a strong, resilient mindset and a deep appreciation for people, time, and meaningful moments.



A CONVERSATION WITH OUR SENIOR QC SECTION HEAD Ms Puah Lai Guat



How would you describe your personality?

I'm sentimental and reflective, but also very focused and practical. I think deeply, yet I stay calm and do what needs to be done.



How do you stay focused while handling multiple responsibilities?

It's about managing interruptions and prioritizing. Many think multitasking means losing focus, but I know how to handle many things while staying focused on what matters most.



What does personal growth mean to you?

To me, personal growth means learning from challenges and becoming a better version of myself. Reflection is key—I take time to think, recharge and talk to myself about how I can improve.



What has contributed most to your personal growth?

The difficulties I've faced in life. They built my emotional intelligence, patience and strength. I'm thankful for those experiences.



What has been one of your toughest professional challenges?

Managing relationships and communication between different departments. Different opinions and misunderstandings happen. I believe in finding the best solution—not proving who is right or wrong.



What advice would you give your younger self?

I would thank my younger self. Those challenges and struggles shaped me who I am today and helped me grow stronger and wiser.



Was there a moment that changed how you see life?

Yes. Seeing my parents age and friends facing health issues made me realize how precious time and health are. Life is unpredictable.



Has that changed your priorities?

Definitely. I focus more on meaningful relationships, family and well-being. I don't want to waste time on unnecessary conflicts.



If you had a code phrase that describes you, what would it be?

Encouragement and communication. I talk to my people a lot, build culture, give support and help them see opportunities.



PERSONALITY PROFILE

PROFESSIONAL STRENGTHS

- ✓ Highly focused and disciplined.
- ✓ Excellent multitasking & prioritization.
- ✓ Calm under pressure.
- ✓ Solution-oriented.
- ✓ Low-profile leadership.
- ✓ Strong sense of responsibility.

PERSONAL TRAITS

- ✓ Reflective & thoughtful.
- ✓ Emotionally intelligent.
- ✓ Family-oriented.
- ✓ Sentimental & empathetic.
- ✓ Appreciates meaningful conversations.
- ✓ Values personal growth.



CORE VALUES



Respect



Responsibility



Family



Integrity



Continuous Learning



Emotional Resilience



Music & Inspiration

Enjoys sentimental Cantonese songs, especially those by artists like Leslie Cheung and Jacky Cheung. Music that carries emotion and tells meaningful life stories always resonates deeply.



“ Thank you, younger me.

Thank you for facing every challenge, never giving up, and becoming the person you are today. ”

KEY TAKEAWAYS



Reflect Regularly



Focus on What Matters



Value People and Time



Keep Growing Through Challenges



Stay Calm, Stay Strong

*Experience builds strength.
Gratitude creates perspective.*

♥ Growth is not about avoiding challenges, but learning, adapting and becoming better every day. ♥