

“When I’m running, I enjoy the landscape and it helps me to clear my head.”

Nattawara Kala, Executive Secretary of the Managing Director, PackSys Global Thailand



FIT FOR WORKING AND EVERYDAY LIFE

Support is an important part of Nattawara Kala’s life. Like many of her fellow countrymen and women, she is an enthusiastic runner: “Running is becoming more and more popular in Thailand.” PackSys Global Thailand employees are no exception, and a number of them approached Nattawara, who is Executive Secretary of the Managing Director PackSys Global Thailand: “They asked me if it would be possible to organise something. So we set up our running team in 2016.” Nattawara Kala was made team leader.

The hard core consists of 15 to 20 members. “We regularly take part in running events that are held near our offices.” Beginners tend to run three or five kilometres while their more experienced counterparts take part in ten-kilometre races. Nattawara Kala now also plans to train for the half-marathon.

Unsurprisingly, she also states that training and taking part in running events together has a positive impact on the working atmosphere.

For Nattawara, who is dedicated to her job, running is more than a means of keeping fit: “When I am running, I enjoy the landscape. I don’t think of anything, which clears my head and is very relaxing indeed.” Nattawara Kala trains near the offices of PackSys Global Thailand and in a park near her home. At least three times a week, she gets up at 5 a.m. to go for an hour’s run before work.

However, running is not the only way the young mother lets off steam. When she was sidelined by an injury, she discovered yoga. She also plays badminton and was the linchpin of her school and university volleyball teams. “Nobody wants to play volleyball with me anymore – perhaps they are afraid of my height”, she jokes. At just under 5 foot 6 (1.70 metres), Nattawara Kala is quite tall for a Thai woman: “I think I am the tallest woman in the company.”



NATTAWARA KALA

Lives in: Rayong (Thailand)

Joined the Brückner Group: 2012

Loves: Sport, travel and meeting new people



REGULAR, WELL-STRUCTURED running training strengthens the cardiovascular system and the immune system and helps to reduce stress hormones.

BETTER SLEEP is another benefit of regular running – runners feel fresher and better rested in the mornings.

160 PEOPLE are employed at PackSys Global Thailand in Rayong.

15-20 ACTIVE MEMBERS make up the PackSys Global Thailand running team.