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The graphic features a large, glowing full moon in the background. In the foreground, there are three golden mooncakes with intricate patterns. The text 'Mid Autumn Festival' is prominently displayed in a large, stylized font. 'Mid' is in a yellow outline font, 'Autumn' is in a green-to-yellow gradient font, and 'Festival' is in a white font. There are also decorative elements like small white stars and a yellow squiggle.

# Mid Autumn Festival

Mid Autumn Festival (also called the Full Moon Festival) in Vietnam is one of the most significant cultural events in the country. The festival takes place on the full moon night of the 8<sup>th</sup> lunar month.



### MID-AUTUMN FESTIVAL

At this festival time, it is believed that the moon shines the brightest during the whole year.

To celebrate this occasion, MiTek and the Trade Union prepared delicious mooncakes with delicate patterns for all the staff. We encourage you to share these mooncakes with your family and friends, and to enjoy this special time of year with the people you love.



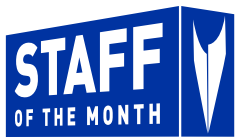




## VIETNAM INDEPENDENCE DAY

To celebrate this national day of significance shared a special lunch together wearing the clothes in the colours of the Vietnam flag red and yellow.

We also took part in a special activity on the 5<sup>th</sup> September, where we dyed clothing the colours of Vietnamese flag Red or Yellow in celebration.



## COMPANY WINNER

| AUGUST 2023

Congratulations on winning the award for Staff of the Month. You deserve this recognition for your success. You inspire us to do more and win more.

**TRIEU NGUYEN**  
RHB ( 708018 )

### SEGMENT WINNER

Full name	QUAN NGO	CHAU LE	DINH NGUYEN
Segment	FAB	BSC	NON-Ops
Global ID	717448	712103	720630





# PROMOTION - QUARTER 3, 2023



**PHAM CHI TRUNG**  
Team Leader  
FAB3

**NGUYEN ANH DUY**  
Team Leader  
FAB1



**TRUONG THI CHUNG**  
Team Leader  
BSC2



**DOAN HOANG DUY**  
Team Leader  
Fischer Homes

**NGUYEN DINH BAO**  
Team Leader  
NVR



**NGUYEN NHU Y KHOA**  
Team Manager  
FAB1

**VU DINH LONG**  
Team Leader  
Timbertruss



**LAI THI MOI**  
Team Manager  
RHB1



**TRAN THIEN TRUNG**  
Team Leader  
Coral Homes

**VO PHUC NGUYEN**  
Team Manager  
RHB1

**VU PHUONG DU**  
Team Leader  
Coral Homes



**HUYNH NGOC MINH THU**  
Team Leader  
Wrightsoft Corporation



We're delightly announcing the promotion of the new Team Managers and Team Leaders. Congratulations to everyone on their new roles and achievements. Your passion and hard work have earned you this amazing opportunity.





Congratulations to all those who have reached three years of dedicated service! To celebrate this milestone these dedicated staff were treated to a reward trip to Ha Long Bay, which is a UNESCO World Heritage Site in Vietnam renowned for its breathtaking scenery and unique limestone karsts. On this trip, team members enjoyed a luxurious cruise through the bay, visiting floating villages and have the opportunity to take part in various activities, such as kayaking, swimming, and fun parties.

We are confident that this trip will be a memorable experience for you, and we hope that it will serve as a reminder of our gratitude for your hard work and commitment.



Travel more





# People

Hello everyone,

It's a great honor to be featured in this month's Newsletter. My name is Ky Huynh - Senior Staff and one-time Staff of The Month Winner from MiTek Truss Engineering Team. I was born and grew up in Ho Chi Minh City, the largest and busiest city in Vietnam. After graduating with a degree in Petroleum from Back Khoa HCM University, I couldn't believe I would start my career at MiTek until now. It was not an easy start for me when I first join the company, also when the whole country was implementing social distancing due to the COVID-19 pandemic in June 2021. Long story short, it was a bad time and I survived.

Like many people, my hobbies are listening to music and watching movies, and fall in love with the music of Ha Anh Tuan, Adele and Taylor Swift. My biggest regret right now is not being able to join Taylor Swift's The Eras Tour. I'm not good at reading, I can fall asleep just reading the first Page, but that hasn't stopped me from accessing books, I try to listen to books through audiobooks and I have Experienced many good books. As a starter, I suggest you read 'The Little Prince' and 'The Story of a Seagull and the Cat Who Taught Her to Fly'. Plus, it can be said that working is also a hobby of mine. Those who work with me know that I am a workaholic. Even customers ask "What time is it over there, you need to go to sleep". Yes, it's me. 'I said certified freak, seven days a weeks' - quote Cardi B.



To end this pece, I would like to say, even if you study another major, or you can't read books. It can't stop you from growing if you try. If you think you can't do it, please try to change your mindset, try to find the different ways to do it. I am sure you will eventually achieve your goals if you are persistent enough. The only person stopping you is yourself. MiTek always provides you the help you need, when you want it, so you have the opportunity to grow.

A special thanks to all my teammates, and my managers, who have helped me to achieve what I am today.





Ngan Vo (Glenvill Homes)  
& Khoa Vo (FAB 1 Apac)



Nam Le (NVR Inc. Super Cross)

WHAT  
WHEN  
WHERE

# Next Generations & Wedding couple



Quang Do (Foxworth  
- Galbraith Lumber  
Company)



Chau Phan (Coral Homes)

Visited the Customer office:  
**CENTURY COMMUNITIES**  
Atlanta, Georgia,  
USA

# Training *travel* OVERSEAS





With 90 points scored, the Collingwood Magpies officially won the 2023 AFL Grand final on 30<sup>th</sup> September, defeating the Brisbane Lions. It was a hard fought contest that came down to the final 3 mins of play when Collingwood kick the winning goals.



From the nearly 1,300 staff in MiTek Vietnam who joined in the competition, we would like to congratulate those who correctly predicted the number of points scored by the winning team:

1. **Dinh Thuy Kieu - 716915 - FAB**
2. **Nguyen Hong Duc - 707634 - RHB**
3. **Dang Le Duy Lam - 719411 - FAB**

The amount of 5,000,000<sup>VND</sup> will be equally shared to 3 winners. Thanks everyone for joining us and see you all in AFL Grand final next year.

## Recruitment SPOTLIGHT

**CAO THANG TECHNICAL COLLEGE**  
08<sup>th</sup> September - Job Fair



## CAN THO UNIVERSITY

16<sup>th</sup> September - Job Fair



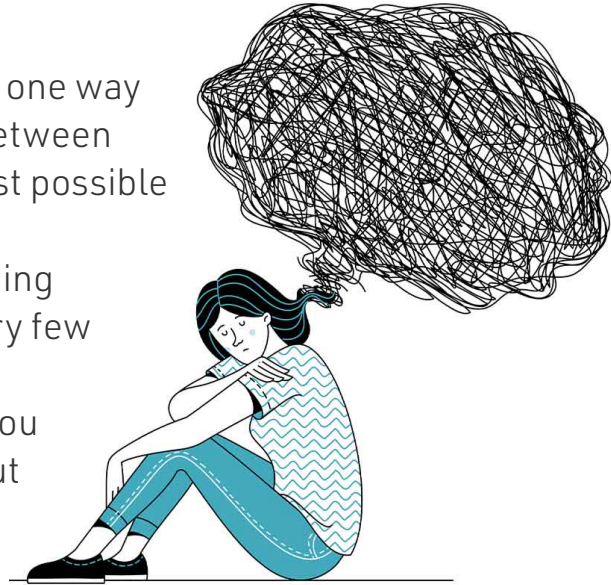


## #Octoberhabit

Experts don't break overthinking into "types." But some people overthink by engaging in cognitive distortions. Cognitive distortions are faulty ways of thinking that often lead to stress, anxiety, and depression.

Common types of overthinking include:

1. All-or-nothing: Viewing things as always one way or always another, with no gray area in between
2. Catastrophizing: Thinking about the worst possible outcome in a situation
3. Overgeneralizing: Assuming that something will always be a certain way based on very few examples
4. Jumping to conclusions: Assuming that you know how something will turn out without sufficient evidence
5. Mind reading: Believing you know what someone else is thinking without sufficient evidence



Many people find they get stuck in their worries and can't stop thinking about the same negative things over and over. This post shares a few simple techniques that you can try to relieve overthinking. **How to stop overthinking:**



1. Write it down
2. Plan a time to think about it
3. Allow yourself 15 minutes to think about it
4. Distract yourself
5. Firmly tell yourself "stop"
6. Ask yourself if you can change whatever you're worrying about

### Bonus Tip – Practice mindfulness

Mindfulness means focusing your mind on the present rather than letting it ponder the future.

You can do that by noticing and appreciating the things around you at that moment, such as objects, smells, feelings, and sensations in that moment. You can also focus on what you are doing in that moment, such as washing your face, brushing your hair, having a snack or your favorite beverage, and so on.



# NEWSLETTER

**MiTek  
Vietnam  
News**

MiTek Services (previously Platinum Global) was established in 2007 and has over 2,500 engineers and professional staff in Ho Chi Minh City.

Part of the worldwide MiTek organisation, we collaborate across the building industry to enable and accelerate transformational breakthroughs in design and construction, both on-site and off-site.

Upcoming Events:

## **Ha Long 3-Year Reward Trips**

(Trip 2: 30<sup>th</sup> September - 02<sup>nd</sup> October)

## **Platinum Star 100 Trips**

(Trip 1: 10 - 13<sup>th</sup> October,

Trip 2: 17 - 20<sup>th</sup> October)

## **Series events of Happy Vietnamese Women's Day**

(20<sup>th</sup> October)

## **MiTek Movie Night**

(expected on 20<sup>th</sup> October)

## **Happy Halloween**

(expected on 31<sup>st</sup> October)