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ASIA EDITION

International Women's Day- Linda Seah

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Linda Seah, VP & Head of South East Asia Cluster, Shire, Singapore



Linda Seah has over 20 years of successful track record in corporate leadership and general managerial roles in major pharmaceutical MNCs, namely GSK, Novartis, Baxter, and Baxalta. During her tenure as president of the Singapore Association of Pharmaceutical Industries (SAPI) (2014-2016), Linda played a key role in improving collaboration between pharmacists
across different healthcare sectors in Singapore, leading to SAPI being awarded the ‘Excellent Stakeholder and Partnership Award’ by the Health Sciences Authority (regulatory body).

On the occasion of International Women's Day, Linda Seah shares her personal side with BioSpectrum-

My Daily Routine-

I typically start or end my day with a 1-hr exercise routine and spend quality time with my three kids aged between 18 to 21. I'll get to the office by 8am and if there are no work commitments, I would be back home to have dinner with my family by 6.30pm. Through doing this, I teach my kids discipline and time management.

My idea of fitness and nutrition-

I'm very careful with diet because I have a family history of cancer and cardiovascular disease like hypertension, so that involves counting my calorie intake every day and sticking to lean meat, fruits, salad and brown rice. For exercise, I practice yoga, run at the gym or do brisk-walking at Marina Bayfront.

My favourite cuisine-

I'm pretty international when it comes to cuisines and cultures – Mexican, Italian, Chinese or Japanese would be my favourite go-to places.

My favorite holiday destination-

Singapore is a very urban city with a temperature climate, so my type of holiday has to be somewhere I can go to and just chill with my family – like the Mediterranean, Southern Italy and Scandinavian countries. This July, we were in Sweden, which is made up of thousands of coastal islands, inland lakes, vast wilderness and glaciated mountains – a huge contrast to Singapore, yet they are very similar when it comes to urban planning and regulations. On the other hand, ranked as one of the happiest places in the world: Denmark, is clean, elegant and enjoys high standard of living just like Singapore.

My idea of balance between personal and professional life-

There's no one sure way of weighing that balance but I try to prioritize as much as possible, for example, I use my commute time in the car to do one-on-one calls with my GMs, I use audio devices to listen to broadcasts. My direct reports are mainly females and I think a good organization has to reflect the needs of their workforce: such as offering flexible working hours and 'sacred weekends and vacations' when staff is told not to check in on work during their time off. I'm also very blessed to have a good support network at home that allows me to focus on my job when I need to.