BioSpectrum the business of Bio & Health Sciences ASIA EDITION

International Women's Day- Dr. Christiane Hamacher

March 6, 2018 | Opinion

Dr. Christiane Hamacher, Head Region Asia Pacific, Roche Pharmaceutical, Singapore



She joined Roche in 2007 and has more than 20 years of leadership experience in both commercial operations and human resources. Christiane has led strategic and operational activities in the United States, several European countries and across Asia. Previously Christiane was General Manager of Roche Czech Republic and Roche Norge AS, Norway. Prior to joining Roche, she worked at Schering AG. Christiane holds a Ph.D. degree from the University Clinic Bergmannsheil / Ruhr-University of Bochum, Germany. Her scientific work was focused on oncology, molecular biology and signal transduction. She also studied Economics at the University of Hagen, Germany.

On the occasion of International Women's Day, Dr. Christiane Hamacher shares her personal side with BioSpectrum-

My Daily Routine-

I’m not a very early riser: but I’m awake by 07:00 and in the office by 08:00 most days. As a regional head, I am regularly working with people across the region – as well as with colleagues in Europe and the US – so flexibility is important.

Working across so many time zones often means late nights when you’re based in this part of the world. I take a moment to review what’s ahead and get clear about what I would like to achieve by the end of the day. I start the day with a review of my agenda and a quick look at email. Then I prepare to meet with people and make sure I focus on them.

My idea of fitness and nutrition-

Fitness and nutrition have always been important to me, in every aspect of my life. Having played and coached both volleyball and football, I know how powerfully diet and regular exercise can affect performance. Eating right and staying active is essential for both physical health and emotional well-being.

My favourite cuisine

So many to choose! That’s a very tough question. I’ve lived in many places and have been lucky enough to enjoy foods from all over the world. But I do love Asian cuisine with it’s wide range of spices and cooking styles.

But for me, the people with whom I eat are the most important part of any meal!

My favorite holiday destination?

Again, there are so many places to choose from that it’s nearly impossible to pick a favorite. Since I’ve moved to Singapore, I’ve had the chance to visit some incredible places in Asia, including the Philippine Islands, the Yangste River and several cities in China. I feel like I am just starting to explore the region.

My idea of balance between personal and professional life-

My team and I share a commitment to fulfilling the unmet medical needs in the region – and that demands a lot of time and energy.

And as I mentioned earlier, working colleagues across APAC, as well as in the US and Europe, means that you’ve got to be flexible with working hours.

But when you are doing what you love and love what you do, the work is energizing, and you can find a balance.

That said, I make sure to have some down time each year, both over the summer and the Christmas holidays, to be present with family and friends.