

Dr Alan HJ Chan Well-Being Conference 2026

(SUSS Re:Define Success Conference Series)

“The Power of Enough — Redefining Success Across Generations”

Information Booklet

Date	1 – 2 September 2026 (Tuesday – Wednesday)
Time	9:00am – 5:00pm (both days); registration opens 8.30am
Dress Code	Business attire (jacket and tie is not required)
Venue	• Registration & Main Venue: Block D, Level 1, Performing Arts Theatre (PAT) • Key Programmes: Block D, Level 1, PAT <u>Foyer</u>, and Block C, Level 1, C.1.05 (Beside Starbucks) • Breakout Room Venue: Block C, Level 4 Seminar Rooms
Guest Profile	220 Participants, Presenters and VIPs (as at 22 August 2026)
For Enquiries	redefinesuccess@suss.edu.sg

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Facilities & Practical Information At A Glance

Key Programme Venues

- **Block D, Level 1, Performing Arts Theatre**
 - Registration
 - Mass Conference Segments
- **Block D, Level 1, Performing Arts Theatre Foyer**
 - Day 1 – 1 Sep: Well-Being Gallery Walk (Student Showcases)
 - Day 2 – 2 Sep: Well-Being Gallery Walk (Community Partners)
 - Lunch Venue
- **Block C, Level 1, C.1.05 (Beside Starbucks)**
 - Day 1 – 1 Sep: Well-Being Gallery Walk (The Art of Enough: Visualising Well-Being)
 - Day 2 – 2 Sep: Community Building Circles
- **Block C, Level 4, Outside Seminar Room C.4.15**
 - Tea Break Bento Collection Point (between 2:30pm – 4:30pm for Day 1 and 2)

Breakout Rooms Allocation, Block C, Level 4, Seminar Rooms (Day 1 & 2)

- C.4.10 – Room 1
- C.4.11 – Room 2
- C.4.12 – Room 3
- C.4.13 – Room 4
- C.4.15 – Room 5
- C.4.16 – Room 6
- C.4.09 – Room 7

Prayer Room & Calm Room

- Block C, Level 4, Seminar Room C.4.08

Nursing Room

- Located next to Block C Level 3, C1 Lift Lobby
 - Kindly approach a SUSS Organiser wearing an 'Organiser' lanyard for access.

Kindly note that each conference building (Block C and Block D) has a separate Wi-Fi network.

Wi-Fi Access (Block C, All Levels)

SSID	SUSS_Seminar	Scan to access the Wi-Fi network in Block C 
Password	jm=dYnkdE:83!c	

Wi-Fi Access (Block D, Level 1, Performing Arts Theatre, PAT Foyer)

SSID	WBRDSC2026
Password	WBRDSC@2026

Programme Overview

Day 1 (1 September) – Me: Finding Balance in My Well-Being

Time	Programme	Venue
8:30 AM – 9:00 AM	Arrival and Seating (Register at Block D, Level 1, Performing Arts Theatre)	SUSS Block D, Level 1, Performing Arts Theatre (PAT)
9:00 AM – 9:10 AM	Welcome by the Emcees	
9:10 AM – 9:20 AM	Opening Well-Being Moment	
9:25 AM – 9:35 AM	Opening Address by the SUSS Chancellor	
9:35 AM – 9:40 AM	Tribute Video to Dr Alan HJ Chan	
9:40 AM – 10:10 AM	Creative Keynote: The Power of Enough: Being Well in a World That Wants More	
10:20 AM – 11:20 AM	Panel Conversation: Me — Navigating Balance and Well-Being Across Life Stages	
11:25 AM – 12:05 PM	Voices of Students: My Version of Enough	
12:05 PM – 12:15 PM	Morning Closing and Programme Announcements by the Emcees	Student Showcase & Lunch: Block D, L1, PAT <u>Foyer</u> The Art of Enough: Block C, L1, C.1.05 (beside Starbucks)
12:15 PM – 2:15 PM	- Well-Being Gallery Walk - Student Showcase - The Art of Enough: Visualising Well-Being - Lunch <i>Note: The Gallery Walk and Exhibition remain open until 5:00 PM.</i>	
2:30 PM – 5:00 PM	Breakout Programmes: Me — Well-Being in Practice	Block C, Level 4, Seminar Rooms C.4.09 to C.4.16

Programme is subject to change.

What Each Segment Is About – Day 1

1. Opening Well-Being Moment

A short, guided practice to help everyone arrive present and grounded before the day begins. Facilitated by Aly H, Founder and Head Trainer of Paus Yoga – a yoga teacher since 2015 with over 500 hours of Yoga Medicine training, who also serves as Singapore’s Junior Teacher for Inside Flow, blending movement, music and mindfulness.

2. Creative Keynote: The Power of Enough – Being Well in a World That Wants More

Featuring: Mr Raymond Lo, Ms Khin Ingyin Lae and Ms Soh Poh Kah (Su Baojia)

Offering complementary reflections on “The Power of Enough”, our speakers explore how definitions of success evolve over time, how internal and societal expectations shape well-being, and how redefining “enough” can cultivate balance, clarity and sustainable fulfilment.

3. Panel Conversation: Me — Navigating Balance and Well-Being Across Life Stages

Moderator: A/P Emily Ortega

Speakers: Dr Natasha Riard, Mr Bryan Ong, Ms Sochenda Kan

This panel explores how individuals navigate balance, identity and well-being across different phases of life — examining how personal priorities, career pathways and life circumstances evolve over time, and how individuals can sustain psychological well-being and purpose amidst transitions and uncertainty.

4. Voices of Students: My Version of Enough

Presenters:

- Mr Ong Yew Hwee (*A Letter to Society, Across Generations*)
- Ms Engie Ho (*The Meaning of Work: My Mother and Me*)
- Ms Kang Yu Jia (*Chasing More, Feeling Less*)
- Ms Anastasia Pay (*A Race Without a Finish Line*)
- Ms Kai Ming Ng (*Surge: Misdiagnosing Laziness, Misunderstanding Struggle*)
- Mr Ernest Seah (*Life Lessons*)
- Mr Chih Yu Low (*Learning What “Enough” Means*)

Interwoven across both strands, Voices of Students amplifies authentic student perspectives through reflection, storytelling and creative expression — personal reflections, narratives, poems, letters and visual storytelling that spark intergenerational empathy and invite deeper conversations about identity, resilience and what it means to thrive today. Each presentation runs about 3 minutes.

5. Well-Being Gallery Walk (Student Showcases)

Explore powerful student reflections on work, resilience, success, identity and well-being through a curated collection of stories, letters, poems and visual works. Refer to [Annex C](#).

6. Well-Being Gallery Walk (The Art of Enough: Visualising Well-Being)

Exhibition Project Lead: Felicia Chua

Co-Lead: Gerard Choy

The Art of Enough: Visualizing Well-Being serves as the creative heart of the Dr Alan HJ Chan Well-Being Conference 2026 (Re: Define Success Conference Series). In an era often defined by the relentless pursuit of “more” — more productivity, more accumulation, more acceleration, this gallery invites a collective pause. Via a diverse tapestry of artistic mediums and approaches by the alumni and students at SR Nathan School of Human Development — from ceramics to textiles, to mixed-media works and conceptual installations, the gallery becomes a space to interrogate and celebrate the radical concept of sufficiency. Here, “enough” is not framed as a limitation or a compromise. Instead, it is positioned as a profound baseline for mental, emotional, and social well-being, a foundational state from which genuine belonging and lifelong growth can naturally flourish. View more details in [Annex C](#).

Day 2 (2 September) – We: Creating Belonging Through Care

Time	Programme	Venue
8:30 AM – 9:00 AM	Arrival and Seating (Register at Block D, Level 1, Performing Arts Theatre)	SUSS Block D, Level 1, Performing Arts Theatre (PAT)
9:00 AM – 9:10 AM	Welcome by the Emcees	
9:10 AM – 9:25 AM	Opening Well-Being Moment	
9:30 AM – 10:00 AM	Keynote: The Power of Enough: Building a Caring and Sustainable Society	
10:05 AM – 11:05 AM	Panel Conversation: We — Building a Culture of Care for Collective Well-Being	
11:10 AM – 11:20 AM	Morning Closing and Programme Announcements by the Emcees	Gallery Walk: Block D, L1, PAT <u>Foyer</u> Community Building Circles: Block C, L1, C.1.05 (beside Starbucks)
11:25 AM – 12:25 PM	- Well-Being Gallery Walk (Community Partners) - Community-Building Circles	
12:30 PM – 1:45 PM	- Well-Being Gallery Walk (Community Partners) - Lunch Note: The Gallery Walk remains open until 3:30 PM.	Block D, Level 1, Performing Arts Theatre <u>Foyer</u>
2:00 PM – 4:15 PM	Breakout Programmes: We — Care & Belonging in Practice	Block C, Level 4, Seminar Rooms C.4.09 to C.4.16
4:25 PM – 5:00 PM	Reflections, Evaluation & Closing	Block D, Level 1, Performing Arts Theatre

Programme is subject to change.

What Each Segment Is About – Day 2

1. Keynote: The Power of Enough – Building a Caring and Sustainable Society

Guest of Honour and Keynote Speaker: MP Elysa Chen (Guest-of-Honour, Day 2)

This keynote situates “enough” within national, societal and intergenerational contexts — exploring how communities, institutions and public leadership can foster cultures that balance ambition with care, progress with sustainability, and achievement with humanity.

2. Panel Conversation: We — Building a Culture of Care for Collective Well-Being

Moderator: Mr Tyler Sim

Speakers: Dr Janice Tan, Dr Kathirasan K, Ms Chia Siok Hoon

This panel explores how organisations, leaders and societal systems shape well-being, recognising that sustainable well-being is influenced not only by individual resilience, but also by organisational culture, leadership approaches and institutional environments.

3. Community-Building Circles

Small-group facilitated conversations (5 participants + 1 facilitator per circle, 8 circles in total) led by SUSS Master of Psychology (Clinical) students trained in circle facilitation. Participants may select a preferred theme that resonates most with their lived experiences.

1. Caring for Others, Caring for Ourselves
2. Navigating Life’s Transitions
3. Redefining Success
4. Finding Belonging

Full theme descriptions are in [Annex D](#).

4. Well-Being Gallery Walk (Community Partners)

This segment showcases 11 Community Partners in Singapore well-being ecosystem. Participants are encouraged to explore the booths, and discover opportunities for co-creation, and spark conversations around collective effort towards building a resilient Singapore. Full list of representatives in [Annex D](#).

5. Threads of Enough – Day 1 and Day 2

A Collective Weaving Experience

In a world that often tells us to do more, achieve more and be more, this collective weaving invites us to pause and recognise what may already be enough. Over two days, our individual threads will come together to form a shared creation —reflecting our journey from **Me to We**. There are no correct pattern and no perfect contribution. One thread is enough.

Add Your Thread

1. **Choose** a piece of yarn, ribbon or fabric that speaks to you.
2. **Reflect on the question for the day:**
 - **Day 1 — Me:** What is one thing in my life that is already enough?
 - **Day 2 — We:** What can I offer to support the well-being of others?
3. **Weave** your thread over and under the existing threads.
4. **Step back** and see how it becomes part of our collective creation.

You do not need to explain or identify your contribution.

One thread may seem small. Together, our threads become something meaningful.

Annex A – About Dr Alan HJ Chan & About the Conference

About Dr Alan HJ Chan

The Dr Alan HJ Chan Well-Being Conference 2026 is made possible through a generous \$1 million donation from the late Dr Alan HJ Chan to the Singapore University of Social Sciences (SUSS).

A strong believer in education, Dr Chan completed the Advanced Management Programme of Harvard University in July 1979 as a successful entrepreneur in his forties, and was awarded an honorary doctorate degree by Bond University, Australia, in February 2014. His gift promotes understanding and appreciation of the Spirit of Singapore and the importance of social good in the making of Singapore society.

The gift serves three purposes: (1) the Dr Alan HJ Chan Annual Author Book Award, (2) support for applied research, and (3) the Dr Alan HJ Chan Biennial Conference — a signature SUSS event bringing together local and foreign academics, prominent practitioners and leaders in the private and public sectors.

About the Conference

The 2026 conference theme, “The Power of Enough – Redefining Success Across Generations,” highlights how well-being and success evolve across life stages. The Me → We structure guides participants through an intergenerational journey, beginning with personal grounding (Me) before expanding into shared care, belonging and community connection (We) — mirroring how well-being radiates outward, from self-awareness to relational care, and ultimately to societal impact.

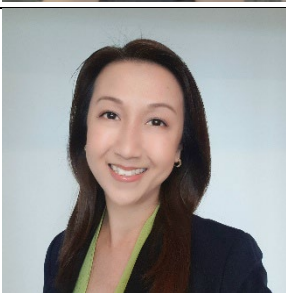
This year’s RDSC Series, organised collaboratively by the Student Success Centre (SSC) and the School of Humanities and Behavioural Sciences (SHBS), is made possible through the generous support of the late Dr Alan HJ Chan.

As one of the first intergenerational well-being conferences in Southeast Asia, it provides a unique platform uniting educators, well-being practitioners, community partners, social service agencies, employers and IHL students across generations to reimagine success by placing well-being and belonging at the heart of lifelong learning and human growth.

The conference nurtures empathy across generations, amplifies student voice, and inspires the design of human-centred learning and working environments. It recognises that thriving today is not defined by relentless striving, but by balance, purpose, connection and self-compassion.

Annex B – Speakers’ Profiles

Day 1, 1 September	
Photo	Speakers Profiles
	Mdm Halimah Yacob Chancellor, Singapore University of Social Sciences
	Associate Professor Emily Ortega Dean, School of Humanities and Behavioural Sciences Singapore University of Social Sciences
	Ms Khin Ingyin Lae Full-Time Student, Social Work Singapore University of Social Sciences
	Ms Soh Poh Kah (Su Baojia) Part-Time Student, Psychology Singapore University of Social Sciences
	Mr Raymond Lo Specialist, Career Development, Student Success Centre SUSS Alumnus
	Dr Natasha Riard Head of Programme, Master of Psychology (Clinical) Programme, School of Humanities and Behavioural Sciences Singapore University of Social Sciences

	Mr Bryan Ong Former Director, Talent Acquisition KPMG Services Pte Ltd
	Ms Sochenda Kan Counsellor, Chief Operating Officer and Entrepreneur SUSS Alumna Invited To Be You
Day 2, 2 September	
	<i>Guest of Honour</i> MP Elysa Chen Grassroots Advisor to Bishan-Toa Payoh Grassroots Organisations
	Mr Tyler Sim Manager SUSS Alumnus Lutheran Community Care Services (LCCS)
	Dr Janice Tan Head, Psychology Programme (Undergraduate Programme) Singapore University of Social Sciences
	Dr Kathirasan K (PhD, CMT-P) Founder & CEO, Centre for Mindfulness & Mindfulness Academy; Vice-President, International Mindfulness Teachers Association Centre for Mindfulness & Mindfulness Academy



Ms Chia Siok Hoon
Deputy Director, Mental Health Education Department
Health Promotion Board Singapore

Annex C – Well-Being Gallery Walk (Student Showcase & The Art of Enough)

Well-Being Gallery Walk (Student Showcase) – Day 1, 1 September, 12:15pm–5:00pm

Location: Block D, Level 1, Performing Arts Theatre Foyer

List of Works

S/N	Name	Title	Type
1	Valencia Ooi Wen Xuan	Not All Stress Is a Mess	Poster
2	Rachel Ee Zhi Xuan	Is Stress Bad for You?	Poster
3	Giuleatha Raj Menon	Is Stress Bad for You?	Poster
4	Karishma Kaur	Project C.A.R.E. Pilot Programme	Poster
5	Chan Yu Xian	Promoting Mental Health and Well-being Throughout Exams	Poster
6	Yip Weng Kit	Behind Every Great Project Is A Well-Balanced Mind. Prioritise Yours	Poster
7	Nureen Binte Haji Idris	A Day in the Life of a Social Media Intern	Video
8	Samuel Josiah Tay Yuan Jie	A Day in the Life of a Paralegal	Video

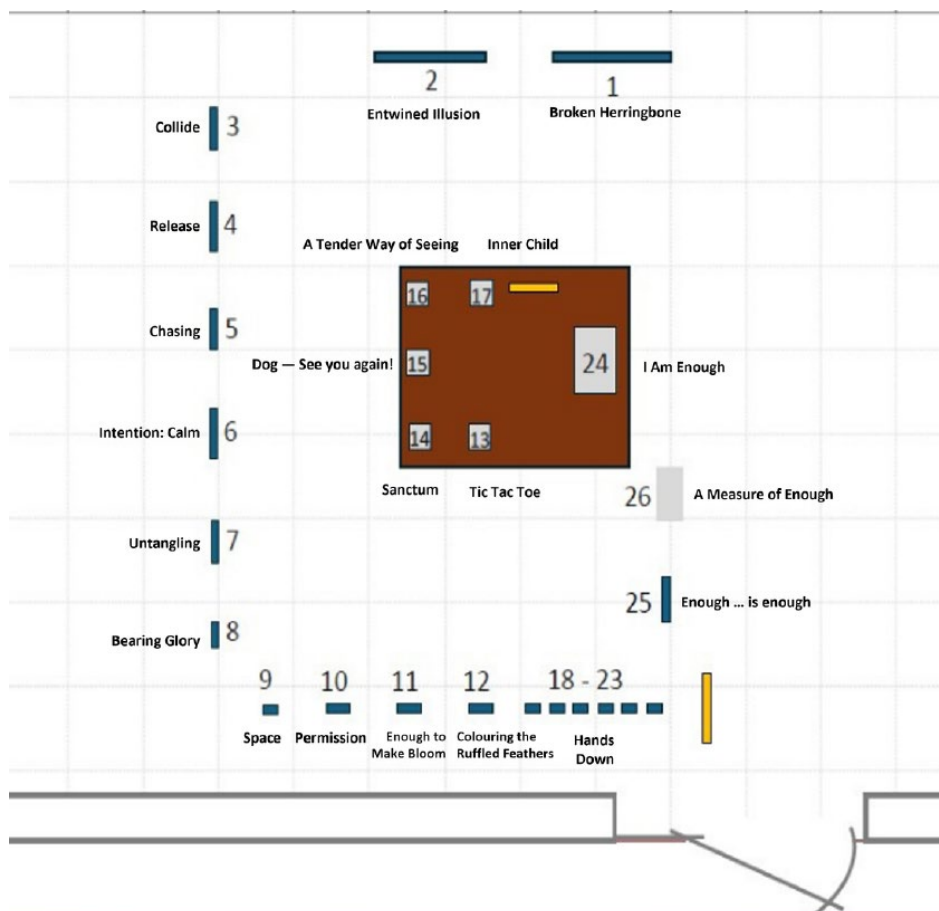
Well-Being Gallery Walk (The Art of Enough: Visualising Well-Being)

Location: Block C, Level 1, C.1.05 (Fish Tank, next to Starbucks)

Exhibition Highlights – Mixed Media Works and Conceptual Installations

Work	Artist	About
Peace with What We Cannot Control Tic Tac Toe (ceramic)	Lai Yu Qian Kenneth	A glazed ceramic tic-tac-toe grid exploring which moves, and which outcomes, are truly ours to control.
Stillness Sanctum (ceramic)	Lim Hui Yi	A small lidded vessel designed to hold worry stones and a light or diffuser, a portable refuge for quiet moments.
Broken Herringbone & Entwined Illusion (textile)	Karen Wong	Broken Herringbone and Entwined Illusion reflect how mindful choices transform familiar patterns into unique expressions. Like the counselling journey, quilting reminds me that healing happens one piece at a time.
Bearing Glory (painting)	Felicia Chua	Born from a season of searching across diverse creative arts, this body of work uses intuitive painting and somatic awareness to listen to the body's unspoken memories. These gestures evolved into quiet, inner landscapes, suggesting that healing is not about finding answers.

I Am Enough (watercolour)	Janelle Cheong	A mixed-media journal recording a journey toward self-acceptance through mindfulness and free expression.
Hands Down (collective zentangle)	GDXAT 2025 cohort	A six-panel collective piece of hand-shaped doodles reflecting on the small, generous things we offer others.



A numbered gallery map and the full list of works and artists is displayed on-site and in the [Full Conference E-Booklet](#) on pages 30 to 58.

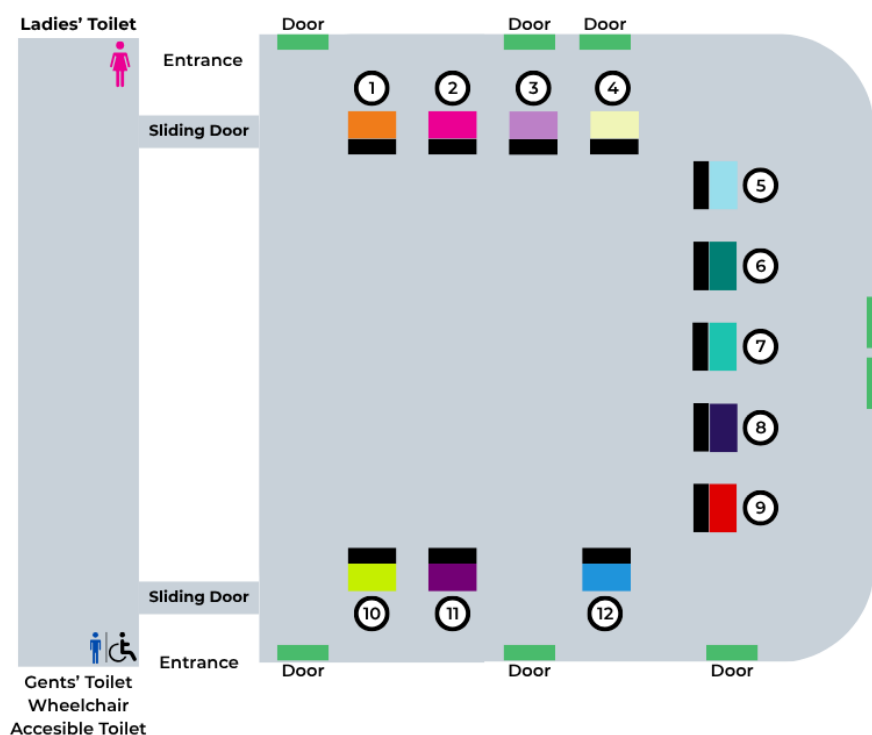
Annex D – Well-Being Gallery Walk (Community Partners) & Community-Building Circles

Well-Being Gallery Walk (Community Partners) – Day 2, 2 September, 11:25am–3:30pm

Location: Block D, Level 1, Performing Arts Theatre Foyer

1	Youth Corps Singapore
2	Growthbeans
3	Institute for Financial Literacy
4	The Ubuntu Space
5	Care Corner Singapore
6	CHAT – Centre for Excellence for Youth Mental Health
7	CREST-Youth, Lakeside Family Services @ Jurong West (SOAR)
8	Caring for Life
9	Singapore Repertory Theatre
10	SUSS OWLs (Our Well-Being Listeners)
11	Limitless
12	Lutheran Community Care Services Ltd

Map of Booths



Community-Building Circles – Day 2, 2 September, 11:25am–12:25pm

Location: Block C, Level 1, C.1.05 (next to Starbucks)

This segment is facilitated by SUSS Master of Psychology (Clinical) students trained in circle facilitation. There will be 8 circles in total (5 participants + 1 facilitator per circle; two circles per theme). Participants may select their preferred circle theme during registration, subject to availability.

Theme 1: Caring for Others, Caring for Ourselves

Explore the joys, challenges and lessons of caring for family members, friends, colleagues, students and our wider communities, while reflecting on how we sustain our own well-being and what “enough” looks like in caring for both ourselves and others.

Theme 2: Navigating Life’s Transitions

Reflect on significant life transitions such as entering the workforce, career changes, caregiving, parenthood, retirement, loss and new beginnings, and explore how these experiences shape our understanding of success, purpose, well-being and what “enough” means at different stages of life.

Theme 3: Redefining Success

Share experiences of navigating personal, family and societal expectations, and explore how we define success on our own terms while discovering what “enough” means in our lives.

Theme 4: Finding Belonging

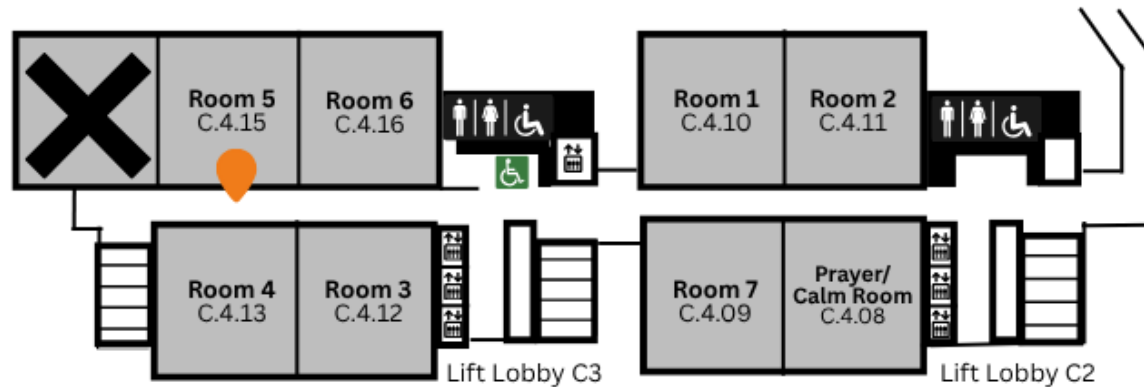
Reflect on moments of connection, inclusion and acceptance, and explore how we can build relationships and communities where everyone feels valued, supported and seen, and where people have permission to be enough.

How the Circles Work

- There will be 2 circles assigned to each theme.

Annex E – Breakout Programmes At A Glance

SUSS Campus Blk C Level 4 Seminar Rooms



Accessible Icons



PwD Holding Point



Wheelchair Accessible Toilets



Tea Break Bento Collection Point

- All breakout venues can be accessed via Lift Lobby C2 or Lift Lobby C3 from Level 1.
- One wheelchair accessible toilet is available at each lift lobby. Kindly be mindful when using wheelchair-accessible toilets and give priority to individuals who require them.
- Tea Break Bento collection point will be outside **Seminar Room C.4.15**.
- Breakout Rooms Allocation, Block C, Level 4, Seminar Rooms:
 - C.4.10 – Room 1
 - C.4.11 – Room 2
 - C.4.12 – Room 3
 - C.4.13 – Room 4
 - C.4.15 – Room 5
 - C.4.16 – Room 6
 - C.4.09 – Room 7
 - C.4.08 – Prayer/Calm Room

To view presentation abstracts, view **pages 73 to 92** for Day 1 presentations, and **pages 93 to 132** for Day 2 presentations on the [Full Conference E-Booklet](#).

Strand 1: Day 1 – Me: Finding Balance in My Well-Being

Room 1 - Redefining Success (Finding meaning, purpose and enoughness in a culture of more) [Seminar Room C.4.10]			
Time	Presentation Type	Presentation Title	Presented By
2:30 PM – 3:15 PM	Practice Space	ALIGN: From Chaos to Clarity in a Culture of More	Miss Amanda Ling, Independent
3:20 PM – 4:05 PM	Practice Space	The Shape of Enough: Reimagining Success Through Expressive Arts	Ms Helen Lee, Expressive Arts Practitioner and Sound Facilitator, Independent Practitioner, Studio H
Room 2 - Finding Strength in Connection (Exploring how inclusion, belonging and shared experiences support well-being) [Seminar Room C.4.11]			
Time	Presentation Type	Presentation Title	Presented By
2:30PM – 2:35 PM	Lightning Presentation	Building Inclusion Through Play	Dr Jason Gan, Lecturer, and Ms Yvonne Tan, Specialist, Singapore University of Social Sciences
2:40 PM – 2:45 PM	Lightning Presentation	Redefining Success through Affordable Standing Wheelchairs for People with Paralysis	Dr Ada Hiu Kan Wong, Associate Professor, Singapore University of Social Sciences, and Dr Monzurul Alam, Research Fellow, The University of Sydney
2:50 PM – 3:15 PM	Full Presentation	From Me to We: Learning Well-Being Skills Through Circles	Mr Simon Leow, Co-Founder, Happiness Initiative
3:20 PM – 4:05 PM	Practice Space	Drama and Well-Being	Ms Rachel Nip, Resident Teaching Artist, Singapore Repertory Theatre

Room 3 - Making Sense of Our Experiences
(Exploring adversity, identity, acceptance and personal growth)
[Seminar Room C.4.12]

Time	Presentation Type	Presentation Title	Presented By
2:30 PM – 2:35 PM	Lightning Presentation	Film therapy: Dealing with grief through Hamnet	Ms Sim Eng Khoo, Senior Lecturer, Singapore University of Social Sciences
2:40 PM – 3:05 PM	Full Presentation	Reframing Meritocracy through “The Power of Enough”: Disability and Well-Being.	Associate Professor Wong Meng Ee, National Institute of Education
3:10 PM – 3:35 PM	Full Presentation	A Psycho-Social Analysis of Dissatisfaction in Contemporary Life	Mr Ee-Ke Chew, Independent Consultant, Lead Human Centered Development
3:40–4:25 PM	Practice Space	Tuning the Self Through Frequency, Voice, and Conscious Listening	Ms Michele Chong, Founder, The Sirius Sound

Room 4 - Beyond the Pursuit of More
(Exploring achievement, resilience, learning and well-being in demanding environments)
[Seminar Room C.4.13]

Time	Presentation Type	Presentation Title	Presented By
2:40 PM – 3:05 PM	Full Presentation	Wellbeing from Academic Education to Work	Mr Mark Rozario, Senior Clinical Psychologist, Singapore University of Social Sciences
3:10 PM – 3:35 PM	Full Presentation	Assessment as the Heartbeat of Wellbeing	Dr Mohamed Pitchay Gani Bin Mohamed Abdul Aziz, Associate Faculty, Singapore University of Social Sciences
3:40 PM – 4:25 PM	Practice Space	The Martial Paradox: Calm Responses during Chaos	Mr Randell Siow, Associate Faculty, Singapore University of Social Sciences and Certified Coach and Coach Developer SportSG

Room 5 - Knowing What Matters (Exploring emotions, self-awareness and psychological well-being) [Seminar Room C.4.15]			
Time	Presentation Type	Presentation Title	Presented By
2:30 PM – 2:55 PM	Full Presentation	Beyond “Stay Positive”: Creating Belonging Through Emotional Validation	Miss Tammy Theresa Teo, PhD Candidate, Singapore University of Social Sciences
3:00 PM – 3:45 PM	Practice Space	My Mental Health Hashtag: A Creative Framework for Understanding Wellbeing	Dr Natasha Riard, Senior Lecturer and Head of Programme, and Dr Leck Wan Qing, Lecturer, Singapore University of Social Sciences
Room 6 - Living Well, Living Enough (Exploring holistic well-being through body, mind and daily practice) [Seminar Room C.4.16]			
Time	Presentation Type	Presentation Title	Presented By
2:30 PM – 2:55 PM	Full Presentation	Holistic well-being despite chronic diseases: A gerontologist-patient’s perspective integrating research	Dr Helen Ko, Associate Professor, Singapore University of Social Sciences
3:00 PM – 3:45 PM	Practice Space	The Original Taiji Practice for Balanced Living & Holistic Well-being	Ms Laury Tang, Founder, P+ Quotient
3:50 PM – 4:35 PM	Practice Space	TEA-EN: The Comprehensive Approach to Effective Self-Transformation	Ms Abelene Hu, Well-being Trainer, Life Coach & Energetics Guide, Healing Journeys

Room 7 [Seminar Room C.4.09]			
Time	Presentation Type	Presentation Title	Presented By
2:30 PM – 2:50 PM	Full Presentation 1	Workplace Loneliness and Social Disconnection	Featuring four groups of Master of Psychology students presenting their Group-Based-Assignment. Facilitated by: Dr Hashim Bin Osman
2:55 PM – 3:15 PM	Full Presentation 2		
3:20 PM – 3:40 PM	Full Presentation 3		
3:45 PM – 4:05 PM	Full Presentation 4		

Strand 2: Day 2 – We: Creating Belonging Through Care

Room 1 - Building Communities of Care (How communities, schools and organisations create cultures of care and belonging) [Seminar Room C.4.10]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:25 PM	Full Presentation	From Personal Loss to Collective Care: Why the OTR Academy Was Created	Mr Chow Yen-Lu, Co-Founder and Executive Chairman, Over The Rainbow, Wholetree Limited
2:30 PM – 2:55 PM	Full Presentation	A Culture of Care: Redefining Success from Individual Coping to Collective Responsibility	Mr Alex Yeo, Executive Director, Caring for Life
3:00 PM – 3:25 PM	Full Presentation	From Awareness to Belonging: Building Peer-Led Communities of Care in Schools	Ms Sharmain Chin, Founder, Total Wellness Initiative Singapore (TWIS)
3:30 PM – 4:15 PM	Practice Space	Creating Belonging Through Care: A Restorative Circle Experience	Mr Matthew Au, Trainer, and Mr Tyler Sim, Manager, Lutheran Community Care Services
Room 2 - Redefining Success Across Life Stages (Exploring how learning, life transitions and lived experiences shape our understanding of success, well-being and belonging) [Seminar Room C.4.11]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:25 PM	Full Presentation	Surviving or Thriving?: An Analysis of Well-being of Singapore University Students	Mr Ho Han Sheng, Research Assistant, and Ms Chloe Tay, Clinical Psychologist,

			Singapore University of Social Sciences
2:30 PM – 2:55 PM	Full Presentation	A Community-First, Youth-Led Model to Advance Midlife Awareness in Asia	Mr Elmer Yap, Co-Founder, and Miss Valery Tan, Co-Founder, Surety Singapore
3:00 PM – 3:05 PM	Lightning Presentation	Kampung Spirit: Seniors Social Skills	Ms Tini Ang, Mr Chua Yoong Joo, Ms Kay Chan, Ms Joyce Au Qiu Ming, Clinical Psychologists-in-Training, Singapore University of Social Sciences
3:30 PM – 4:15 PM	Practice Space	Facilitating Care and Belonging Through Playful Conversations	Mr Toh Kian Beng, Co-Founder & Lead Play Designer, and Miss Lai Si Yu, Co-Founder & Behavioural Change Experience Designer, The Ubuntu Space
Room 3 - Belonging Across Diverse Communities (Exploring how culture, identity, lived experiences and communities shape inclusion, connection and belonging) [Seminar Room C.4.12]			
Time	Presentation Type	Presentation Title	Presented By
2:30 PM –2:35 PM	Lightning Presentation	The Power of Response: How Communities Shape Survivor Healing	Ms Jeevasree Selva Kumaran, Co-Founder, KOE
2:40 PM –2:45 PM	Lightning Presentation	Beyond the Counselling Room: A Relational Approach to Mental Wellbeing	Ms Evangeline Chia, Founder, and Mr Benjamin Wong, Chief Financial Officer, Kairos Innotech Pte Ltd
2:50 PM –2:55 PM	Lightning Presentation	Peer Supporters-in-Action: A Peer-Led Approach to Building Belonging	Ms Yap Hui Ting, Senior Counsellor, Miss Tan Xin En Victoria, Peer Supporters-in-Action, Miss Tarynna Seng, Peer Supporters-in-Action, Temasek Polytechnic
3:00 PM –3:05 PM	Lightning Presentation	The Breathing Space: Making Mindfulness accessible for Migrant Domestic Workers in Singapore	Ms Prithipal Kaur Bhullar, Trainee Clinical Psychologist, Ms Tan Bai Ling Felicia, Trainee Clinical Psychologist, Ms Poh Mei Hui, Trainee Clinical Psychologist, Ms Tan Ethel Siew Ee, Psychologist in Training, Singapore University of Social Sciences

3:10 PM –3:35 PM	Full Presentation	AMPowering Care: A Caregiver Support Programme	Mr Muhammad Qayyum Bin Norshapiee, Counsellor, Lions Befrienders
3:40 PM –4:05 PM	Full Presentation	Reimagining Ageing Through Cultural Innovation and Lion Dance	Ms Lynn Wong, Founder, Inheritance Pte Ltd
Room 4 - Finding Strength in Connection (Exploring how relationships, support and shared experiences foster mental well-being and resilience) [Seminar Room C.4.13]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:25 PM	Full Presentation	Reimagining Mental Health Through Narrative Practices: The Tapestry Approach in Community and Youth-Led Wellbeing Initiatives	Ms Nicole Kwan, Executive Director, The Tapestry Project Limited
2:30 PM – 2:55 PM	Full Presentation	Cultivating Psychological Well-Being in Women Affected by Cancer: Insights from a Mindfulness-Based Cancer Recovery Programme	Dr Sunita Rai, Senior Consultant (Mindfulness) & Clinical Psychologist, Centre for Mindfulness
3:00 PM – 3:25 PM	Full Presentation	Practising Care and Connection: Building Belonging Through Growth Circles	Ms Shamantha Yan, Director, and Ms Shane Yan, Director, Growthbeans
3:30 PM – 4:15 PM	Practice Space	Caring Connections, Safe Spaces	Ms Amber Lieu, Student, Ms Jay Han, Student, Ms Verity Er, Student, Mr Jeremy Ang, Lecturer, Singapore University of Social Sciences
Room 5 - Designing Conditions for Well-Being (Exploring how environments, systems and communities can be intentionally designed to support well-being, belonging and human flourishing) [Seminar Room C.4.15]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:25 PM	Full Presentation	By Youths, For Youths: A sociocracy-based youth engagement model	Ms Jay Han, Student, Ms Verity Er, Student, Ms Chua Xing Huan, Student, Ms Shannon Tong, Student, Singapore University of Social Sciences
2:30 PM – 2:55 PM	Full Presentation	Upstreaming Wellbeing: Moving from Knowledge to Lived Habit	Miss Divya Nanthakumaran, Founder & CEO, Forte360

3:00 PM – 3:25 PM	Full Presentation	Well-being in the Built Environment	Dr Michael Kent, Lecturer, Singapore University of Social Sciences
3:30 PM – 4:15 PM	Practice Space	Promoting Happiness within the Organization using the SCARF model	Ms Yeo Lay, Dean of Students, Singapore University of Social Sciences
Room 6 - Reimagining Support and Care (Exploring how mentoring, innovation and support ecosystems can strengthen well-being, belonging and community care) [Seminar Room C.4.16]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:05 PM	Lightning Presentation	Redefining Student Success: The SUSS Well-Being Framework	Ms Carol Khong, Specialist, Singapore University of Social Sciences
2:10 PM - 2:35 PM	Full Presentation	Success as Something We Build for Each Other: The Daisy Phay Scholarship and Mentoring Programme	Ms Rachel Wong Jia Ying, School Social Work Executive, SHINE Children and Youth Services
2:40 PM – 3:25 PM	Practice Space	MindKit™ Kintsugi: The Unwritten Standards of Workplace Performance	Ms Kristine Tan, Managing Director, Empatho Pte Ltd
3:30 PM – 4:15 PM	Practice Space	Designing Digital Pathways of Care: Supporting Caregivers and Older Adults Through Innovation	Associate Professor June Tay, Head of Programme, Singapore University of Social Sciences
Room7 - Sustaining Communities of Contribution (Exploring how volunteerism, partnerships and workplace cultures support long-term well-being and community impact) [Seminar Room C.4.09]			
Time	Presentation Type	Presentation Title	Presented By
2:00 PM – 2:45 PM	Practice Space	Volunteering and Self-Determination Theory: Creating Meaning through Connections	Mr Bryan Chan, Student, Ms Amber Lieu, Student, Ms Stacey Woo, Student, Mr Saw Young Ern, Student, Singapore University of Social Sciences
2:50 PM – 3:15 PM	Full Presentation	Designing Partnerships for Volunteer Well-Being in Resource-Constrained Nonprofits: Practitioner's Perspective	Ms Ng Kai Ming, Non-profit Strategy Consultant, Independent
3:20 PM – 3:45 PM	Full Presentation	Reviewing the Sustainability of Senior Volunteerism in Active Ageing Centre	Ms Ellsie Lee, Volunteer Management & Training Executive, Ms Amanda Mok, Volunteer Executive, Ms Cheng Charmain

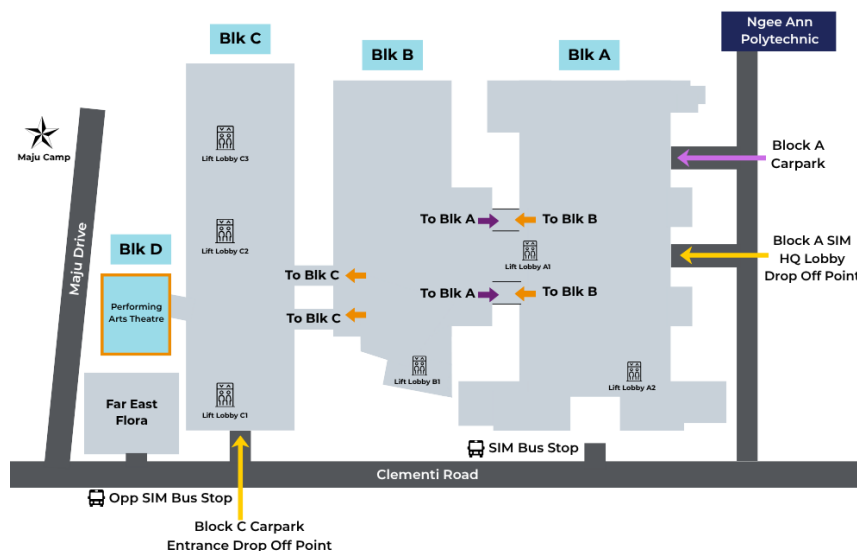
			Yun Lin, Project Development & Research Executive, Lions Befrienders Service Association, and Dr Grace Chee, Senior Lecturer, Singapore University of Social Sciences
3:50 PM – 4:15 PM	Community Dialogue	Sustaining Volunteerism Across Generations: Creating Meaning, Purpose and Belonging Through Contribution	Panel Discussion Featuring Presenters from the Volunteering Theme

To view presentation abstracts, view **pages 73 to 92** for Day 1 presentations, and **pages 93 to 132** for Day 2 presentations on the [Full Conference E-Booklet](#).

Annex F – Location Map, Accessible Routes & Emergency Information

Conference Location Map

- From Clementi Road, turn left into SUSS Block C.
- Park at Block C, Basement 1 or 2.
- Take the lift at Lift Lobby C1 to Level 1.
- Follow the sheltered pathway towards Block C. Before reaching Starbucks, turn left towards the escalators. The conference venue is located behind the escalators on Level 1.



Accessible Routes & Facilities

Accessible Routes by Public Transport	Via Clementi MRT Station (recommended): Take Exit B, which has an accessible sheltered pathway leading to the bus stop. Board bus 52, 154 or 184. Via Dover MRT Station: Take Exit A, which has an accessible sheltered pathway leading to the bus stop. Board bus 74. Via King Albert Park MRT Station: Take Exit A and board bus 74, 151 or 154 to Opposite SIM Bus Stop. Take the lift and cross the overhead bridge. After alighting, follow the sheltered pathway towards Block C. Before reaching Starbucks, turn left towards the escalators. The conference venue is located behind the escalators on Level 1.
Accessible Drop-off Points	Taxis, cars and wheelchair-accessible vehicles may drop off or pick up visitors at the SUSS Block C Basement Carpark Entrance (recommended), or Block A, SIM Headquarters Main Lobby. From the Block C Basement drop-off point, proceed to Lift Lobby C1 and take the lift to Level 1. Follow sheltered pathway towards Block C. Before reaching Starbucks, turn left towards the escalators. The conference venue is located behind the escalators on Level 1.
Wheelchair Accessible Parking	Available at SUSS Block C & D, Basement 1 & 2 Carpark near to Lift Lobbies. Regular parking charges apply.

Other Ways to Get to SUSS Campus

- By car or motorcycle: Take Exit 26A along the PIE and turn into Clementi Road. Park at SUSS Block C (recommended) or Block A.
- By MRT and bus: Other buses serving both SIM bus stops — 61 and 75.

Parking Information

- Cars: \$1.32 per hour, charged in 30-minute blocks (inclusive of GST, with a 15-minute grace period).
- Motorcycles: Free entry.
- Block A and Block C car parks are open daily from 6:00am to 12:00 midnight.

Emergency Exit & Safety Information (Seminar Rooms)

Fire Emergency

If the fire is in your proximity: 1) Activate the fire alarm. 2) Call Campus Security [6248 9100]. 3) Evacuate from the building and proceed to the Assembly Area at the Forecourt in front of Block B (in wet weather, the Assembly Area moves to the Plaza at Block A, next to the bus canopy).

Upon hearing the evacuation announcement: remain calm; do not re-enter the room or floor unless instructed; do not use lifts; follow instructions from SUSS staff and emergency personnel; proceed to the Assembly Area at the Forecourt in front of Block B.

Accessible Emergency Evacuation (Seminar Room)

- If you are on the first floor, you may evacuate the building independently or with assistance as needed to the Emergency Assembly Point (EAP).
- If you are on upper floors, proceed to the designated holding points near the accessible toilets at Lift Lobby C1 and C3 on every floor, and wait for the emergency rescue team to assist with evacuation.
- Consider arranging a buddy system with a friend who can assist you during evacuation.

Medical Emergency

If the medical emergency is in your proximity: 1) Call Ambulance [995] and Campus Emergency [6248 9100] — this activates security and campus first aiders. 2) Activate the First Aid Kit, CPR or AED if necessary. 3) Stay with the injured person until help arrives.

Location of nearest AEDs: Block C – Level 1 and Level 6 at all lift lobbies. Block D Lift Lobby – Levels 1, 2 and 4.

Annex G – Feedback Form, E-Booklet & Contact Information

Link to E-Booklet: [E-Booklet - Dr Alan HJ Chan Well-Being Conference 2026](#)

Access the Feedback Form at the end of Day 2, Wednesday, 2 September: [Dr Alan HJ Chan WBC 2026](#)

Get in Touch

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