

Dr Alan HJ Chan Well-Being Conference 2026

(SUSS Re:Define Success Conference Series)

The Power of Enough - Redefining Success Across Generations



CONFERENCE BOOKLET

1 - 2 September 2026

SUSS, Block D, Level 1, Performing Arts Theatre (PAT), PAT Foyer and
Block C Seminar Rooms

CO-ORGANISED BY:

SUSS | SCHOOL OF
HUMANITIES &
BEHAVIOURAL SCIENCES

SUSS | STUDENT
SUCCESS CENTRE

ACKNOWLEDGEMENTS

The Organising Committee of the Dr Alan Chan Well-Being Conference 2026 would like to extend our heartfelt gratitude to Mdm Halimah Yacob, Chancellor of the Singapore University of Social Sciences, and Ms Elysa Chen, Member of Parliament and Grassroots Advisor, Bishan-Toa Payoh Grassroots Organisations, for gracing the conference with their presence.

We would also like to express our sincere appreciation to all our speakers, presenters and partners for their unwavering support.

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GUEST OF HONOUR & LEADERSHIP



MADAM HALIMAH YACOB

Chancellor

Singapore University of Social Sciences (SUSS)



MP ELYSA CHEN

Grassroots Advisor

Bishan-Toa Payoh Grassroots Organisations



PROFESSOR ROBBIE GOH

Provost

Singapore University of Social Sciences (SUSS)

About Re:Define Success Conference Series

The Re:Define Success Conference (RDSC) is an annual initiative by the Singapore University of Social Sciences (SUSS), led by the Student Success Centre (SSC). The series aims to broaden the definition of success by:

- Celebrating diverse aspirations and pathways
- Promoting lifelong learning for continuous growth
- Emphasising holistic development across personal and professional success
- Fostering inclusivity and harnessing diverse talents

The RDSC series contributes to strengthening Singapore's social compact and nurturing a vibrant, caring society that remains globally relevant and successful. This aligns with SUSS' mission of championing lifelong learning and impacting lives for social good.

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). This mirrors how well-being radiates outward: from self-awareness to relational care, and ultimately to societal impact.

This year’s RDSC Series, the **Dr Alan HJ Chan Well-Being Conference 2026**, organised collaboratively by the School of Humanities and Behavioural Sciences (SHBS) and the Student Success Centre (SSC), is made possible through the generous support of the late Dr Alan HJ Chan, a dedicated entrepreneur, Confucian scholar, and strong advocate for education and social good.

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.

CONFERENCE

PURPOSE AND OBJECTIVES

The conference positions well-being as the foundation of lifelong success. It aims to:

Deepen understanding

Broaden perspectives on integrating well-being across education, workplaces, and communities to cultivate balance, purpose, and belonging.

Build community

Strengthen collaboration across sectors to foster compassion, inclusion, and intergenerational connection.

Explore new solutions

Share strategies and innovations that support intergenerational thriving and redefine success beyond traditional measures.

Target Audience

The conference welcomes a diverse, intergenerational audience committed to advancing well-being and redefining success across education, work, and community life. This includes:

- Educators and staff from IHLs integrating well-being into pedagogy and institutional culture.
- Well-being practitioners and mental health professionals supporting holistic development across different life stages.
- Social service agencies, community partners, and employers fostering compassionate and inclusive ecosystems.
- IHL students participating either as learners or as contributors through Voices of Students, sharing lived experiences and creative expressions that deepen intergenerational understanding.

Conference Strands

The Me → We framework reflects how well-being unfolds across generations. Each strand supports a different part of the intergenerational experience, beginning with personal balance and extending into shared care and belonging among individuals of different ages, backgrounds, and life stages.

DAY 1

Me: Finding Balance in My Well-Being

This strand focuses on grounding, self-awareness, emotional regulation, and developing a healthy sense of “enough.” It reinforces that meaningful, sustainable success begins with personal balance.

DAY 2

We: Creating Belonging Through Care

This strand highlights relational and community well-being, including caregiving, psychological safety, empathy, and building environments where people feel connected and valued.

CONFERENCE COMMITTEE

ADVISORY PANEL



A/P Emily Ortega
Dean

*School of Humanities and
Behavioural Sciences
(SHBS)*
Singapore University of
Social Sciences (SUSS)

Ms Yeo Lay

Dean of Students

*Student Success Centre
(SSC)*

Singapore University of
Social Sciences (SUSS)



ORGANISING COMMITTEE

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School of Humanities and Behavioural Sciences

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Executive

School of Humanities and Behavioural Sciences

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Student Success Centre

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Head, Sociology Programme
(SHBS)

Dr Pamela Goh

Lecturer, Public Safety &
Security Programme (SHBS)

CREATIVE KEYNOTE

Ms Khoo Sim Eng

Head, Film Studies (SHBS)

ABOUT

SCHOOL OF HUMANITIES AND BEHAVIOURAL SCIENCES (SHBS) SUSS

The School of Humanities and Behavioural Sciences offers a diverse range of programmes that will deepen students' understanding and appreciation of languages and literature, behavioural sciences, and translation. Our programmes develop practical, professional skills and specialised knowledge to help graduates achieve their goals.



FULL-TIME UNDERGRADUATE PROGRAMMES

- CHINESE STUDIES
- PSYCHOLOGY
- PUBLIC SAFETY AND SECURITY



PART-TIME UNDERGRADUATE PROGRAMMES

- ENGLISH LANGUAGE AND LITERATURE
- CHINESE STUDIES
- MALAY LANGUAGE AND LITERATURE
- TAMIL LANGUAGE AND LITERATURE
- TRANSLATION AND INTERPRETATION
- COMMUNICATION
- PUBLIC SAFETY AND SECURITY
- PSYCHOLOGY
- SOCIOLOGY



GRADUATE PROGRAMMES

- APPLIED LINGUISTICS (TESOL)
- APPLIED RESEARCH IN SOCIAL SCIENCES
- GLOBAL SECURITY AND STRATEGY
- PSYCHOLOGY
- PSYCHOLOGY (CLINICAL)

ABOUT

STUDENT SUCCESS CENTRE (SSC) SUSS

The Student Success Centre (SSC) aims to create an enabling culture that empowers students to maximise their personal potential by supporting students to strengthen their well-being, and helping students develop their unique potential to contribute actively to SUSS and the wider community.

SSC is committed to empower students in developing personal and professional potential to achieve success in life.

The centre designs, curates and offers programmes, opportunities, mentorship and support in Career Development, Entrepreneurship and Student Life for all SUSS students to complement their academic learning and journey to achieve success.

CONFERENCE SCHEDULE

DAY 1 - 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
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	• Gallery Walk and Lunch: Block D, Level 1, Performing Arts Theatre Foyer • Exhibition: Block C, Level 1, C.1.05 (Beside Starbucks)
12:15 PM – 2:15 PM	• Well-Being Gallery Walk (Student Showcases) • The Art of Enough: Visualising Well-Being Exhibition • Lunch Note: The Well-Being Gallery Walk (Student Showcases) and The Art of Enough Exhibition will remain open until 5:00 PM, unless otherwise stated.	
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.

Tea break bentos will be available for collection outside **C.4.15** from **2.30 pm to 4.30 pm**.
Please help yourself to one before making your way to your next session !

Other Information

Prayer Room & Calm Room: Block C, Level 4, Seminar Room C.4.08.

Nursing Room: Kindly approach SUSS staff with 'Organiser' tag to access.

CONFERENCE SCHEDULE

DAY 2 - 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
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	
11:25 AM - 12:25 PM	- Well-Being Gallery Walk (Community Partners) - Community Building Circles	- Gallery Walk: Block D, Level 1, Performing Arts Theatre Foyer - Circles: Block C, Level 1, C.1.05 (Beside Starbucks)
12:30 PM – 1:45 PM	Lunch and Well-Being Gallery Walk (Community Partners) Note: The Well-Being Gallery Walk (Community Partners) will remain open until 3:30 PM .	Block D, Level 1, Performing Arts Theatre Foyer
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.

Tea break bentos will be available for collection outside **C.4.15** from **2.30 pm to 4.30 pm**. Please help yourself to one before making your way to your next session !

Other Information

Prayer Room & Calm Room: Block C, Level 4, Seminar Room C.4.08.

Nursing Room: Kindly approach SUSS staff with 'Organiser' tag to access.

FEATURED SPEAKERS



DAY 1

CREATIVE KEYNOTE SPEAKERS



Offering complementary reflections on “The Power of Enough”, our speakers will 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.



Mr Raymond Lo
Specialist, Career Development
Student Success Centre (SSC)
Singapore University of Social
Sciences (SUSS)

Raymond Lo is a Career Coach and Associate Faculty member at the Singapore University of Social Sciences. A SUSS alumnus with a Master in Management specialising in Professional Life Coaching, Raymond brings over three decades of senior corporate leadership experience to his work with learners and professionals. He teaches and coaches at undergraduate and graduate levels, with a strong commitment to supporting mature learners through education, coaching, and experiential learning. His work focuses on helping individuals clarify priorities, navigate transitions, and make purposeful decisions grounded in practical insight.

DAY 1

CREATIVE KEYNOTE SPEAKERS



Ms Khin Ingyin Lae

Full-Time Student

Social Work

Singapore University of Social
Sciences (SUSS)

Ingyin is a Social Work student from the School of Social Work and Social Development at the Singapore University of Social Sciences. She holds a Diploma in Community Development (now Psychology and Community Development) from Ngee Ann Polytechnic. Outside of her academics, Ingyin is a committed and active student leader, serving as Head of Academic Affairs for 1SUSS and the pioneering Vice-Chairperson of the Social Work Interest Group.



Ms Soh Poh Kah (Su Baojia)

Part-Time Student

Psychology

Singapore University of Social
Sciences (SUSS)

Poh Kah is a Psychology student from the School of Humanities and Behavioural Sciences at the Singapore University of Social Sciences. As an insurance practitioner with 17 years of experience and a mother, she has gained valuable insights into human behaviour, relationships, and personal growth. Inspired by a desire to better understand herself and others, she embarked on a journey of lifelong learning that led her back to academia and is currently pursuing an Honours degree in Psychology. Her experiences as a student, salesperson, parent, and wife have shaped her belief that success can be defined in many different ways.

DAY 1 - PANEL CONVERSATION**ME — NAVIGATING BALANCE AND WELL-BEING ACROSS LIFE STAGES****TUESDAY, 1 SEPTEMBER 2026, 10.20AM - 11.20AM****MODERATOR****Associate Professor Emily Ortega**

Dean

School of Humanities and Behavioural Sciences (SHBS)
Singapore University of Social Sciences (SUSS)**PANEL SPEAKERS****Dr Natasha Riard**Senior Lecturer & Head
Master of Psychology
(Clinical) Programme
SHBS, SUSS**Mr Bryan Ong**Former Director
Talent Acquisition
KPMG Services Pte Ltd**Ms Sochenda Kan**Counsellor, Chief
Operating Officer and
Entrepreneur
Invited To Be You
SUSS Alumna

This panel explores how individuals navigate balance, identity, and well-being across different phases of life. It examines 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.

DAY 1

PANEL CONVERSATION MODERATOR AND SPEAKERS



MODERATOR



Associate Professor Emily Ortega
Dean

School of Humanities and
Behavioural Sciences (SHBS)
Singapore University of Social
Sciences (SUSS)

Associate Professor Emily Ortega leads the School of Humanities and Behavioural Sciences at the Singapore University of Social Sciences. A trained Sport Psychologist, she teaches psychology and conducts research in psychophysiology and performance. Prior to joining academia, she headed the sport psychology team at the Singapore Sports Institute, supporting elite athletes in achieving peak performance at major competitions such as the Olympics. She continues to serve Sport Singapore as a locum sport psychologist. Emily is a registered practitioner and member of the International Society of Sport Psychology, and a member of the Singapore Psychological Society.

SPEAKERS



Dr Natasha Riard
Head of Programme

Master of Psychology (Clinical)
Programme
SHBS, SUSS

Dr Natasha Riard is a clinical psychologist, Senior Lecturer, and Head of Programme for the Master of Psychology (Clinical) at the Singapore University of Social Sciences. She has over 13 years of clinical experience, with expertise in child, adolescent, and parent mental health. Her teaching and clinical interests centre on process-based and transdiagnostic approaches to psychological intervention, with a focus on helping trainees formulate across diagnoses and target key processes of change. She is also the lead author of a community-based brief intervention manual for youth mental health and is committed to strengthening clinical psychology training and practice in Singapore.



Mr Bryan Ong
Former Director
Talent Acquisition
KPMG Services Pte Ltd

Bryan Ong is a Talent Acquisition leader at KPMG in Singapore with 19 years of experience across agency and in-house recruitment. He has led regional hiring efforts and currently heads Talent Acquisition, overseeing early careers and experienced hiring while partnering closely with global mobility and employer branding teams. Bryan brings a global perspective from working with diverse teams across markets, with a focus on advancing technology and innovation in talent acquisition, and candidate experience. He is passionate about connecting people to meaningful careers and building environments where individuals can thrive and contribute at their best.



Ms Sochenda Kan
Counsellor, Chief Operating Officer
and Entrepreneur
Invited To Be You

Sochenda Kan is a counsellor, executive coach, serial entrepreneur, and business leader with over 20 years of experience spanning counselling, leadership, human resources, operations, and business development. Holding a Master in Counselling from the Singapore University of Social Sciences, she has supported individuals, leaders, and organisations through periods of growth, transition, and change. As the founder of Beyond Health & Invited To Be You in Singapore and co-founder of ZEN Mattress & Heng Heng Group in Cambodia, she has experienced firsthand the opportunities and challenges of balancing achievement, responsibility, and well-being. Her passion lies in helping people define success on their own terms and create lives that are both meaningful and sustainable.

DAY 2

GUEST OF HONOUR & KEYNOTE SPEAKER



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



MP Elysa Chen
Grassroots Advisor to
Bishan-Toa Payoh
Grassroots Organisations

Member of Parliament Elysa Chen began her career as a crime reporter with Singapore Press Holdings, where her experiences shaped her commitment to supporting children and families. She was as a lecturer at Hwa Chong Institution and a volunteer tutor to young people. In 2018, Elysa became Executive Director of CampusImpact, where she continues to champion youth development and community well-being. Since 2020, she served as a district councillor with the North West Community Development Council, advocating for policies that support vulnerable individuals and strengthen social support networks. Elysa currently serves as Member of Parliament and remains committed to making a difference in the lives of Singaporeans.

DAY 2 - PANEL CONVERSATION**WE — BUILDING A CULTURE OF CARE
FOR COLLECTIVE WELL-BEING****WEDNESDAY, 2 SEPTEMBER 2026, 10.05AM - 11.05AM****MODERATOR**

Mr Tyler Sim
Manager
Lutheran Community Care Services (LCCS)
SUSS Alumnus

PANEL SPEAKERS

Dr Janice Tan
Head, Psychology Programme
(Undergraduate Programme)
SHBS, SUSS



Dr Kathirasan K
Founder and CEO
Centre for Mindfulness and
Mindfulness Academy



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

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

DAY 2 PANEL CONVERSATION MODERATOR AND SPEAKERS



MODERATOR



Mr Tyler Sim
Manager

Lutheran Community Care Services (LCCS)

Tyler Sim is a Manager at Lutheran Community Care Services (LCCS) and a trainer for Restorative Practice and Restorative Circles. He supports children, families, and organisations in rebuilding and strengthening relationships before, during and after conflicts. Tyler believes that restorative practices can help to create happier, healthier culture that supports promotes relationship and peacebuilding. He holds a Master in Counselling, specialising in Couples and Family Therapy from the Singapore University of Social Sciences.

SPEAKERS



Dr Janice Tan
Head

Psychology Programme
(Undergraduate Programme)
SHBS, SUSS

Dr Janice Tan is a registered clinical psychologist and supervisor with 20 years of experience in clinical and forensic mental health. She provides psychological services to youth and adults, particularly in the areas of mental health, offending, and at-risk behaviours. She is also a specialist in sex offender assessment and intervention. Currently, she serves as the Head of the Psychology Undergraduate Programme at the Singapore University of Social Sciences. She is also an appointed member of the Triage Assessment Panel at the Ministry of Social and Family Development and the Management Committee of the Singapore Boys' Hostel.



Dr Kathirasan K
Founder and CEO

Centre for Mindfulness and
Mindfulness Academy

Dr Kathirasan K a mindfulness educator, author, and leadership consultant with over 20 years of mindfulness practice and 25 years of leadership and consulting experience. He is recognised for integrating secular mindfulness with contemporary approaches to well-being. In 2016, he pioneered the Mindfulness-Based Wellbeing Enhancement (MBWE) programme, which combines mindfulness and positive psychology. An accomplished author of five books, Dr Kathirasan is committed to promoting ethical, evidence-informed, and culturally adaptable mindfulness for individuals, educators, leaders, and organizations worldwide.



Ms Chia Siok Hoon
Deputy Director

Mental Health Education Department
Health Promotion Board Singapore

Ms Chia Siok Hoon is Deputy Director of the Mental Health Education Department at Singapore's Health Promotion Board. A passionate health promoter, she was part of the pioneer team that developed and implemented national screening programmes for chronic diseases, breast cancer, and cervical cancer. She has extensive experience partnering with ministries, healthcare institutions, and community organisations to promote healthy lifestyles across all age groups. Currently, she leads initiatives to advance mental well-being through various programmes and public education campaigns. She introduced peer support programmes in tertiary institutions and workplaces, oversees projects such as MindSG and the Sleep Challenge, and recently led the development of the Design Guide for Tier 1 Mental Well-being Programmes.

DAY 1

VOICES OF STUDENTS



Interwoven across both strands, **Voices of Students** amplifies authentic perspectives through reflection, storytelling, and creative expression. Students share lived experiences that spark intergenerational empathy and invite educators and practitioners to learn *with* students, not just *about* them.

PRESENTATIONS

DURATION
(5 MINS)

A platform for authentic student stories and creative expression. Through personal reflections, narratives, poems, letters, and visual storytelling, students share their lived experiences, perspectives, and journeys, inviting deeper conversations about identity, resilience, and what it means to thrive in today's world.

PRESENTERS

01

Letter / Narrative Reading

A Letter to Society, Across Generations

Mr Ong Yew Hwee, SUSS Student

02

STORY-BASED REFLECTION

The Meaning of Work: My Mother And Me

Ms Engie Ho, SUSS Student

03

STORY-BASED REFLECTION

Chasing More, Feeling Less

Ms Kang Yu Jia, SUSS Student

04

STORY-BASED REFLECTION

A Race Without a Finish Line

Ms Anastasia Pay, SUSS Student

05

STORY-BASED REFLECTION

Surge: Misdiagnosing Laziness, Misunderstanding Struggle

Ms Kai Ming Ng, Student

06

STORY-BASED REFLECTION

Life Lessons

Mr Ernest Seah, SUSS Student

07

Visual / Poster Storytelling

Learning What “Enough” Means

Mr Chih Yu Low, SUSS Student

DAY 1 & 2

OPENING WELL-BEING MOMENT

FACILITATOR



Aly H
Founder and Head Trainer
Paus Yoga

Aly is the Founder and Head Trainer of Paus Yoga. She has been teaching yoga since 2015 and has pursued extensive training in yoga therapy and mindful movement, including over 500 hours of Yoga Medicine training. Aly also serves as Singapore's Junior Teacher for Inside Flow, integrating movement, music and mindfulness in her teaching. Passionate about creating meaningful and accessible well-being experiences, she guides individuals to cultivate greater awareness, resilience and connection through intentional practice.



WELL-BEING GALLERY WALK (STUDENT SHOWCASE)

VENUE: BLOCK D, LEVEL 1, PERFORMING ARTS THEATRE FOYER

Explore powerful student reflections on work, resilience, success, identity and well-being through a curated collection of stories, letters, poems and visual works.

FEATURED WORKS

- 01 **A Letter to Society, Across Generations**

- 02 **The Meaning of Work: My Mother And Me**

- 03 **Chasing More, Feeling Less**

- 04 **A Race Without a Finish Line**

- 05 **Surge: Misdiagnosing Laziness, Misunderstanding Struggle**

- 06 **Life Lessons**

- 07 **Learning What “Enough” Means**

- 08 **It Used To Be So**

AVAILABLE THROUGHOUT DAY 1 CONFERENCE HOURS

DAY 1

WELL-BEING GALLERY WALK (THE ART OF ENOUGH: VISUALIZING WELL-BEING)

**VENUE: BLOCK C, LEVEL 1 C.1.05
(FISH TANK)**

Exhibition Project Lead: **Felicia Chua**

Co-Lead: **Gerard Choy**

Curatorial Statement:

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.

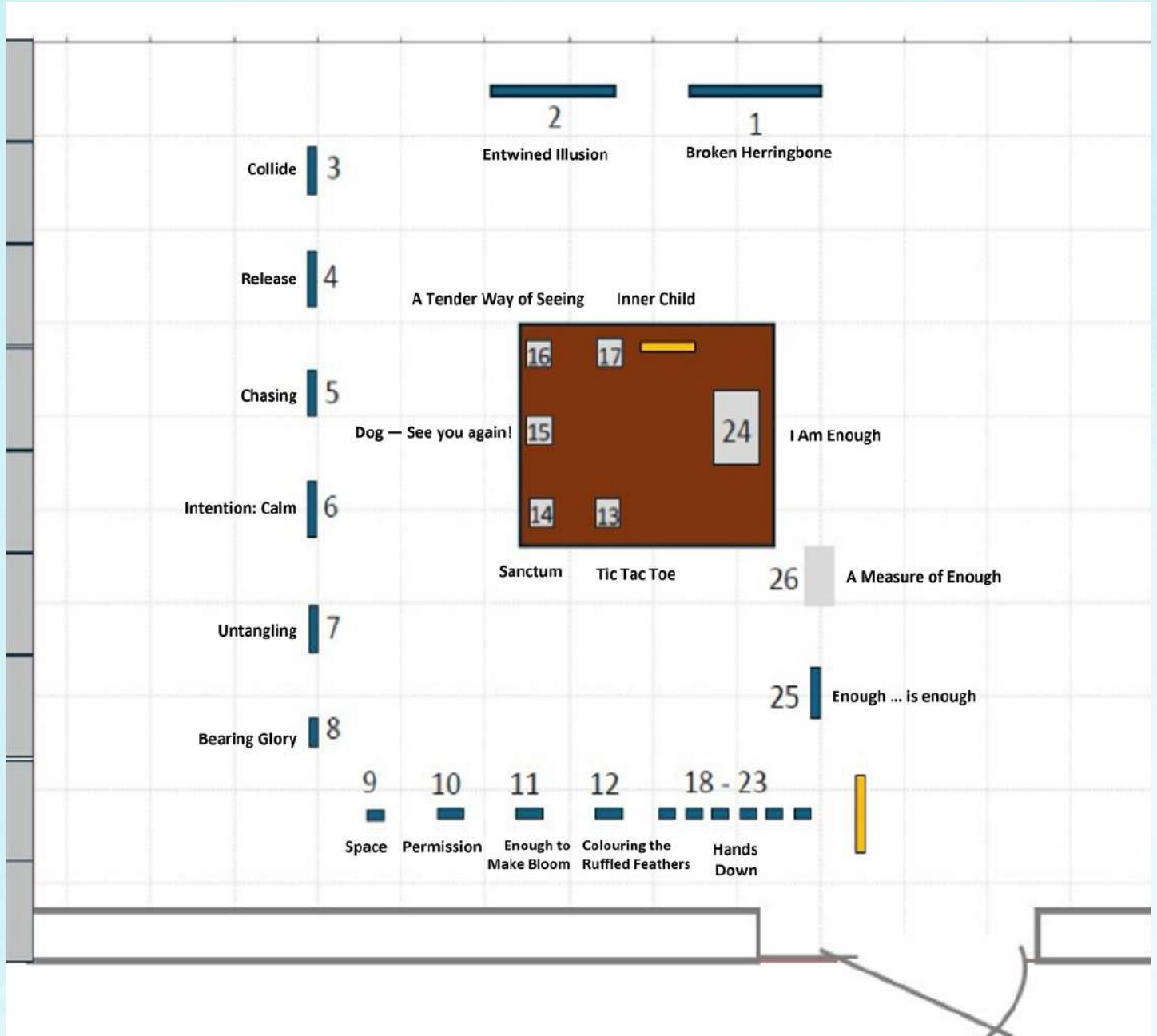
Via a diverse tapestry of artistic mediums and approaches by the alumni and students at SR Nathan School of Human Development – from ceramics to textiles, to mixed-media works and conceptual installations, the gallery becomes a space to interrogate and celebrate the radical concept of sufficiency.

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.



GALLERY LAYOUT

**VENUE: BLOCK C, LEVEL 1 C.1.05
(FISH TANK)**



Legend

- Artworks**
- Ceramics & Art Journal Area**
- Exhibition Information Panel**

HOW TO USE THE MAP

Each artwork in this e-booklet is assigned a number. Use this map to find where the artwork is located in the exhibition spaces

MIXED-MEDIA WORKS AND CONCEPTUAL INSTALLATIONS

The mixed-media works and conceptual installations by alumni and current students of the Graduate Diploma in Expressive Arts Therapy invite viewers to explore well-being through layered materials, symbolic forms, and immersive experiences. Bringing together textures, images, and spatial elements, these works consider how “enough” may be understood through balance, connection, rest, and self-acceptance. Rather than offering definitive answers, they create contemplative spaces where audiences can reflect on familiar assumptions about success, fulfilment, and personal growth.





BROKEN HERRINGBONE AND ENTWINED ILLUSION

 FIND AT LOCATION 1 & 2

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.

“Could accepting ourselves as we are be the art of enough?”

Karen Wong

Broken Herringbone and Entwined Illusion, 2026

textile 150 x 150 cm, 160 x 200 cm





COLLIDE

 FIND AT LOCATION 3

Collide explores what happens when colours, like parts of ourselves, are allowed to meet without control. Through flowing blues, greens, golds, and whites, the work reflects complexity, contradiction, and becoming as sources of beauty rather than flaws.

“Where might this flow be inviting us?”

Sarah Samsol

Collide, 2026, tempera on canvas, 46 x 61 cm.





RELEASE

 FIND AT LOCATION 4

*This motion art piece captures a personal struggle with control. Trying to direct the paint using tools failed, but embracing the process created beautiful, accidental splashes. It asks: **Is letting go and letting things be enough?** Created alongside friends, this act of surrender relieved stress, bringing wellness and peace.*

Carolyn Chew

Release, 2026, tempera on canvas, 61 x 46 cm





CHASING

 FIND AT LOCATION 5

Splatters and threads race across the dark, each line chasing the last with no rest in sight. I wanted to capture the beautiful exhaustion of always doing more. The energy is real, but so is the mess.

“*At what point does more stop adding to us, and simply become too much?*”

Yan

Chasing, 2026, tempera on canvas, 61 x 46 cm





INTENTION: CALM

 FIND AT LOCATION 6

Intended as a serene, Zen-inspired abstract piece created experimentally on a turntable, this artwork unexpectedly turned out intense and unsettling—resembling a crime scene. Though initially seen as a failure, it ultimately offered a deeper insight: true calm lies not in avoiding discomfort, but in remaining centred when facing it.

“ If Zen is less about what we see and more about how we choose to respond to what is before us, how do you centre self in times of intensity and unsettling. ”

Tabitha Sum

Intention: Calm, 2026, tempera on canvas, 61 x 46 cm.



UNTANGLING

 FIND AT LOCATION 7

I painted the tension between holding it together and letting it all spill out. Well-being isn't always calm or tidy.

“ *Can a mind this full still be a mind at peace?
I wonder.* ”

Yan

Untangling, 2022, acrylics on canvas, 40 x 50 cm.





BEARING GLORY

 FIND AT LOCATION 8

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

“Is it enough that we learn to dwell
peacefully within questions?”

Felicia Chua

Bearing Glory (Series Title: *Perhaps Pain, Perhaps Prayer 1*),
acrylic on canvas, 29.5 x 40 cm.



SPACE

 FIND AT LOCATION 9

Space reflects how humans, like puzzle pieces, search for belonging while carrying different shapes, colours, and quirks. Each piece is different, yet no piece stands alone; each needs another to create something larger, fuller, and more whole.

“ *Perhaps the question is: what would your puzzle piece look like?* ”

Sarah Samsol

Space, 2019, 2026, crayons on paper, 21 x 29.7 cm.





PERMISSION

 FIND AT LOCATION 10

Permission explores the tension between structure and spontaneity through a butterfly and sunflower in both refined and expressive forms.

Rather than opposing one another, they reveal that becoming unfolds through uncertainty, imperfection, and messiness. We are not becoming despite the process – we are becoming because of it.

“What moments once felt messy, uncertain, or unfinished, yet became part of the path that shaped who you are today?”

Sarah Samsol

Permission, 2026, ink on paper, 29.7 x 42 cm.



ENOUGH TO MAKE BLOOM

 FIND AT LOCATION 11

For eons, success is measured by wealth and riches, symbolised here through the jewels and ornaments. Yet the "enoughness" may lie in the quiet bloom of a flower or the unseen water that sustains growth, if we recalibrate "enoughness" on our terms.

“Can being the vase that holds the space to bloom be also enough, to be my own bloom?”

Punitha Mayganathan

Enough to Make Bloom, 2025, watercolour on paper, with acrylic for silver and gold on paper, 29.7 x 42 cm.



COLOURING THE RUFFLED FEATHERS

 FIND AT LOCATION 12

When the "Me" is grounded in stability (neckrings), we can listen to other's perspectives with empathy and respect, without judgement, even if there are difference in opinions (room for resentment). We even feel empowered to bring colours to their perspectives (the coloured feathers) and may also find value and wear them.

“ *Is wearing the coloured feathered coat enough to immerse the "Me" in "We" since we are "One", creating a healthy environment?* **”**

Punitha Mayganathan

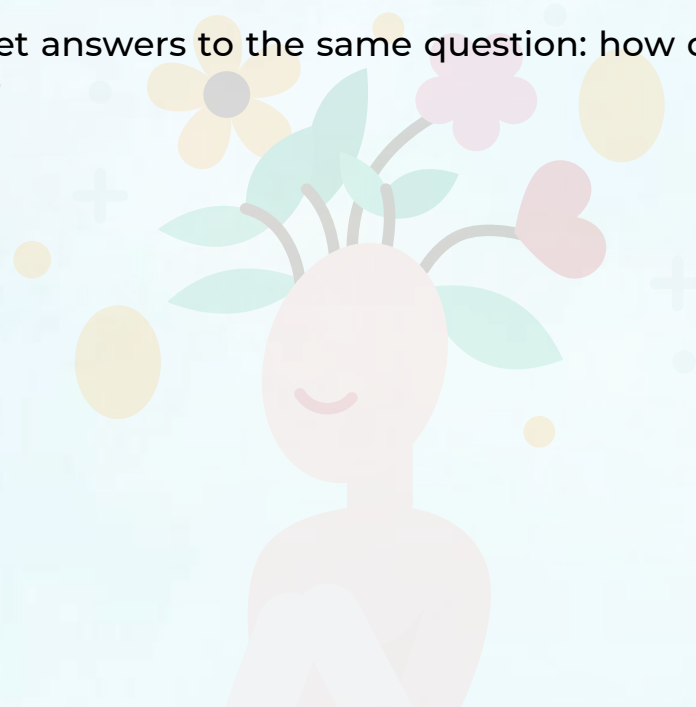
Colouring the Ruffled Feathers, 2016, watercolour pencils, 29.7 x 42 cm

CERAMICS

This cluster brings together five ceramic works that explore how well-being is shaped, held and repaired through lived experience. Working with clay, the artists give form to questions of choice, sanctuary, grief, tenderness and self-compassion. The medium itself is significant: clay records touch, pressure and transformation. It can appear strong yet fragile, fixed yet vulnerable, complete yet marked by the process of becoming.

Across these works, “enough” is not presented as a simple personal affirmation. It is explored through the unequal conditions that shape life’s possibilities, the small rituals that create safety, the memories that remain after loss, and the tender work of caring for the self. Together, the ceramic pieces invite viewers to consider well-being as something embodied, relational and continually formed.

Five works, five quiet answers to the same question: how do we hold ourselves gently through life?



PEACE WITH WHAT WE CANNOT CONTROL

Tic Tac Toe

📍 FIND AT LOCATION 13

"The ceramic sculpture that I have created was heavily inspired by a familiar childhood game of Tic-Tac-Toe, which is one of the well-known structured games that many grew up playing, thus evoking nostalgia."

— [Lai Yu Qian Kenneth]



In every game, some moves are ours — and much is not. So much of our exhaustion comes from gripping what was never on our board, i.e. other people's choices, timing, luck, the way the game began. This sculpture quietly separates the two. The grid holds the game; the pieces we place are our own moves. The circle represents what sits outside our control. Well-being does not ask us to win. It asks us to know the difference — to place our own pieces with care, and to let the resting space be. The playing field is not always equal. "Enough" may mean knowing when to keep going, when to accept help, and when to stop carrying what was never ours to control. What is one thing you can act on now? What is one thing you may need to place in the circle and let go?

“Bring to mind one thing you have been trying to control that was never truly yours to control. Imagine placing it, gently, in the circle. Then ask: What have you been holding that was never yours to hold — and what would it feel like to place it in the circle?”

STILLNESS

Sanctum

📍 FIND AT LOCATION 14

"Well-being is often found not in having more, but in creating small moments of stillness amidst the demands of everyday life."

— [Lim Hui Yi]



A sanctum is a refuge — a small, quiet place of one's own. This vessel is designed to be exactly that, in miniature. Inside it rest smooth ceramic worry stones, made for slow rubbing between finger and thumb — an old, simple way of settling the mind. And the vessel is made to hold more than stones: a small light, or a diffuser breathing out a familiar scent. The artist, for whom smell is a powerful key to memory and emotion, imagines it glowing and fragrant in a corner you pass every day.

“ You already know a moment, a scent, or a corner that quiets you. What would it take to visit it more often? ”

CARRYING LOVE

Dog — See you again!

📍 FIND AT LOCATION 15

"Grief is not about forgetting, but about learning to carry love differently...Sometimes, goodbye simply becomes, 'See you again.'"

— [Lee Zhi Hui, Maevis]



Healing is not the absence of grief, but the quiet acceptance that those we love remain with us — in memory, in gratitude, in how we continue to love.

“ Who do you still carry with you? What reminder of them now brings gratitude instead of only sadness? ”

TENDERNESS

A Tender Way of Seeing

📍 FIND AT LOCATION 16

"The flowers resting over the eyes do not suggest hiding from the world, but choosing to see it through hope, compassion and gentleness."

— [Sim Cheng Mun, Grace]



Vulnerability, this work suggests, is a quiet form of strength — well-being is found not in certainty or control, but in remaining open.

“ ***What is one uncertain thing in your life right now that you could choose to see through gentler eyes?*** ”

SELF-COMPASSION

Inner Child — the heart with stitches

📍 FIND AT LOCATION 17

“It is okay to slow down in this busy world, to listen to our inner child and appreciate the little things in life.”

— [Pak Chen Sin]



Every heart carries scars and stories of its own. This one doesn't hide them. Wearing its mending openly, gently reminding that healing is but an ongoing journey. Nestled within is a little one, the inner child – who is still curious, still hopeful, still waiting to be heard again.

“What would it look like to treat yourself, today, with the tenderness you'd offer a child?”

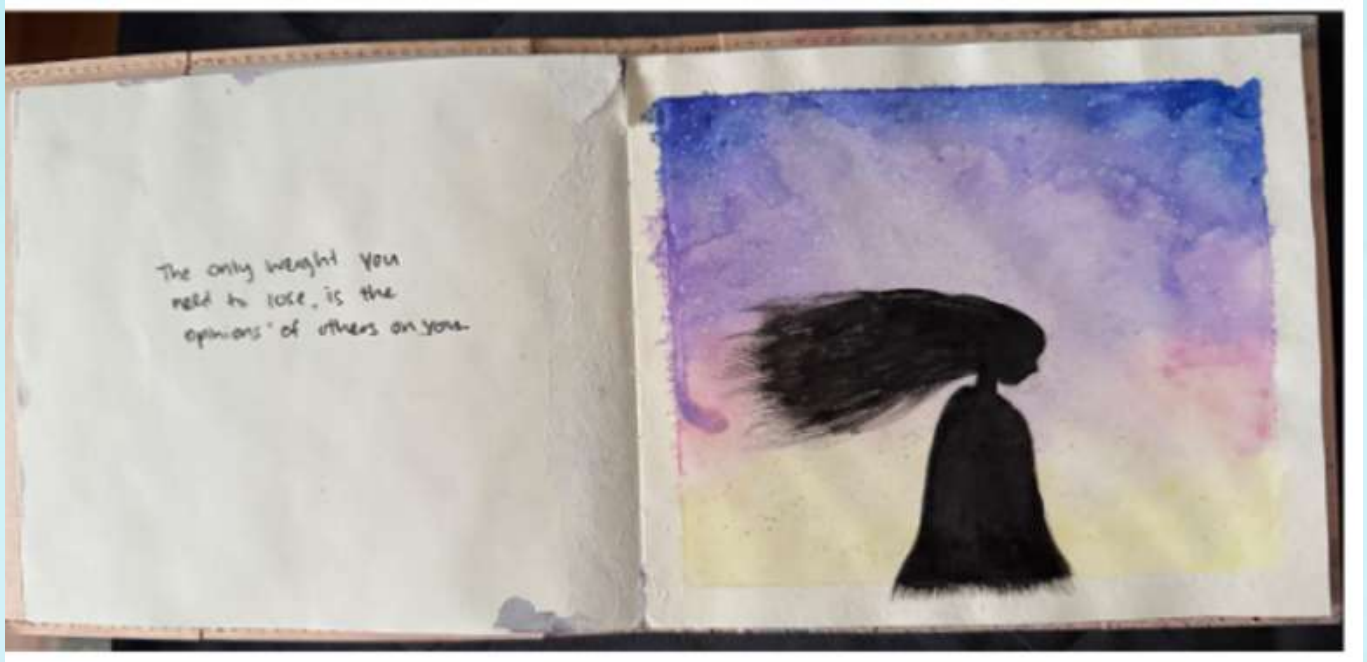


HANDS DOWN

 FIND AT LOCATION 18 - 23

This collective Hand Zentangle transforms outlines into a tapestry of shared stories, created by students from the GDXAT 2025 programme – Carolyn Chew, Ko Pui Sar, Karen Wong, Felicia Chua, Xiao Ying and Gerard Choy. Beyond ‘holding on’, these hands reveal a subtle measure of ‘letting go’. They have comforted and created, embraced and applauded, often in moments we scarcely remember, yet never truly forget.

“ When was the last time you noticed the joy your fingers brought to another? Are you reaching out for more? ”



I AM ENOUGH



FIND AT LOCATION 24

Started during a severe depressive episode, this journal became a non-linear path to recovery through mindfulness, therapy, and mixed-media art. Shifting from words to visual expressions like watercolour and zentangle, the author found self-acceptance, learning to create freely without the pressure to perform, achieve, or prove anything. For me, *The Power of Enough* is accepting that I am enough.

“What does enough look like to you?”

Janelle Cheong

I AM ENOUGH watercolour, oil pastel, coloured pencil, ink, 14.5 x 14.5 cm, Art Journal



ENOUGH ... IS ENOUGH



FIND AT LOCATION 25

Created by Catherine Ling and Felicia Chua, from the first and final cohorts of the SUSS Expressive Arts Therapy programme, this work began at opposite ends (Felicia from the top and Catherine from the bottom of the canvas), to discover a place to meet. As they layered the work, so did a familiar question: should we add more? Slowly, the question shifted from the artwork to ourselves.

“Where might enough be found if we lingered, rather than looked?”

Felicia Chua and Catherine Ling

Enough ... is enough, 2026, acrylic paint and air-dry clay on canvas

A MEASURE OF ENOUGH



FIND AT LOCATION 26

Operating at the intersection of relational aesthetics and minimalism, *A Measure of Enough* is an interactive installation consisting simply of a tray of candies and an invitation to respond. By asking viewers to "take what one needs," it activates human agency to confront personal boundaries, transforming the quotidian into a mindful ethical decision – **when is enough enough?**

Gerard Choy

A Measure of Enough, Installation with a tray of candy and invitation.



About the Artists

Karen Wong is a counsellor with experience in both social service agencies and public schools, where she has supported individuals through life's challenges and transitions. Her work has nurtured a deep appreciation for the healing potential of creativity, reflection and human connection.

Karen discovered quilting during the COVID-19 pandemic while looking to learn a new skill. Inspired by the beautiful work of a dear friend, she enrolled in a patchwork quilting course at a local community centre. What began as a hobby soon became a mindful creative practice that offered calm and stability during a period of uncertainty.

For Karen, quilting is more than assembling pieces of fabric. The process of thoughtfully selecting colours, balancing patterns and carefully piecing each block together encourages mindfulness, patience and presence. It became a space where she could quiet her mind, regain focus and experience the restorative rhythm of creating.

Carolyn Chew is a visual art educator and Founder of Masart Masart, an art education company dedicated to nurturing play, agency, connection and well-being in children and families. Her works invite a collective pause: a motion painting celebrating the joy of letting go and a hand zentangle capturing a moment of relaxation in doodling

About the Artists

Sarah Samsol is a family social worker with experience in mental health, dementia care, and crisis intervention. Her practice is shaped by a belief in the quiet and often unseen moments that hold meaning in people's lives. Through social work and expressive arts, Sarah is drawn to themes of connection, resilience, and meaning-making amidst complexity. She values intentionality in the way people listen, create, and show up for one another, believing that small and often overlooked moments can carry profound meaning. Her work invites others to pause, notice, and reflect on the beauty, tension, and humanity woven into everyday life.

Yan is a trained graphic designer but spent most of her adult working life in the performing arts industry as an educator and producer. After many past lives (she's a very old soul), one failed marriage, one failed career and a decade of dark nights of the soul, she is now a divorce coach helping many women create magic in their new lives.

Tabitha Sum believes that learning art broadens perspectives, fosters critical thinking and inspires creative problem solving – qualities that have shaped her leadership style. She dedicates her time to volunteering in the community. The act of giving is a source of creative renewal, bringing balance and meaning to her life. Through her artistic practice, she continues to explore new ways of seeing, learning, and connecting with others.

About the Artists

Felicia Chua's work has been shaped by years of leadership, cross-cultural mission and community building. These experiences have shaped a contemplative practice rooted in attentive presence and a deep respect for the stories carried in the body, held in memory, and revealed through reflection. Through painting and different art forms, she explores the meeting place of body, story and faith, creating spaces where silence becomes invitation and healing is encountered not as resolution, but as a quiet way of being.

Five Ceramics pieces

The participating artists for the Ceramics Cluster are alumni who completed the BAE221 Creative Ceramics course prior to graduation. They are Lim Hui Yi, from the BSc Digital Media programme; Lee Zhi Hui Maevis, Sim Cheng Mun Grace, and Pak Chen Sin, from the BSc Marketing programme; and Lai Yu Qian Kenneth, from the BSc Business Analytics programme. Drawing on their varied academic backgrounds, the artists approached ceramics as a space for experimentation, reflection, and personal expression. Their works demonstrate the value of interdisciplinary learning and the potential of art-making to deepen understandings of well-being, identity, and what it means to have “enough.”

About the Artists

Punitha Mayganathan has worked extensively with children in education, expanding later into social work and protection work for children and families. Having faced her own challenges, she strongly believes in using art as a coping strategy. Using modalities such as visual art, music and dance, not only for creation but also as a means of self-experiencing and emotional release, one can heal, rethink and reinvent oneself.

Punitha is currently in the Master in Social Sciences programme, with a focus on Professional Life Coaching and Expressive Arts Therapy at SUSS, hoping to uplift people through coaching to discover their potential.

Janelle Cheong spent over 20 years in the corporate world, trying to find her way while collecting experiences, questions and a few more grey hairs along the way.

She first explored expressive arts through her Graduate Diploma in Expressive Arts Therapy at SUSS, after discovering that creative expression had always been part of her growing up — helping her make sense of life long before she had a name for it. She is now pursuing Professional Life Coaching and a Master in Social Sciences at SUSS, continuing to explore how people heal, grow and reconnect with themselves.

Today, as an Expressive Arts Facilitator, Janelle continues what has helped her, reaching out to others through sound, movement and visual arts. Her work is about embracing the imperfect, writing our own stories, having a little fun, and remembering what it feels like to be alive.

About the Artists

Catherine Ling is an art therapist, art educator, and the founder of Arttlings Studio. She holds a Master's degree in Art Therapy from LASALLE College of the Arts, a graduate diploma in Expressive Arts Therapy at the Singapore University of Social Sciences (SUSS), and a Specialist Diploma in Counselling Psychology.

Catherine is passionate about creating meaningful and transformative creative experiences that support emotional well-being and personal growth. Her practice is rooted in the belief that art is a powerful language for expression, connection, and healing. Through visual, tactile, and process-based artmaking, she creates spaces that invite reflection, curiosity, and self-discovery, encouraging people to explore, express, and reconnect with themselves through the creative process.

Gerard Choy is a sculptor, researcher and educator whose practice explores culture, identity and belonging. He holds a Bachelor of Fine Arts, a Master of Arts and PhD and most recently completed a Graduate Diploma in Expressive Arts Therapy expanding his commitment to the healing potential of creativity. Through this lens, art collaborates as a dynamic, embodied process to foster mental well-being, community connection, and emotional processing.

His works are held in private and public collections including the Canada Council Art Bank, the Nova Scotia Art Bank and the Saint Mary's University Art Gallery and his practice has been supported by the Canada Council Creation Grant, the Nova Scotia Arts and Cultural Partnership Council Award and the Swan Award 2023.

DAY 2

WELL-BEING GALLERY WALK (COMMUNITY PARTNERS)

VENUE: BLOCK D PAT FOYER

BOOTH 1

Youth Corps Singapore

BOOTH 2

Growthbeans

BOOTH 3

**Institute for Financial
Literacy**

BOOTH 4

The Ubuntu Space

BOOTH 5

Care Corner Singapore

BOOTH 6

**CHAT – Centre of Excellence
for Youth Mental Health**

BOOTH 7

**CREST-Youth Lakeside
Family Services
@ Jurong West (SOAR)**

BOOTH 8

Caring for Life

BOOTH 9

Singapore Repertory Theatre

BOOTH 10

**SUSS OWLs
(Our Well-Being Listeners)**

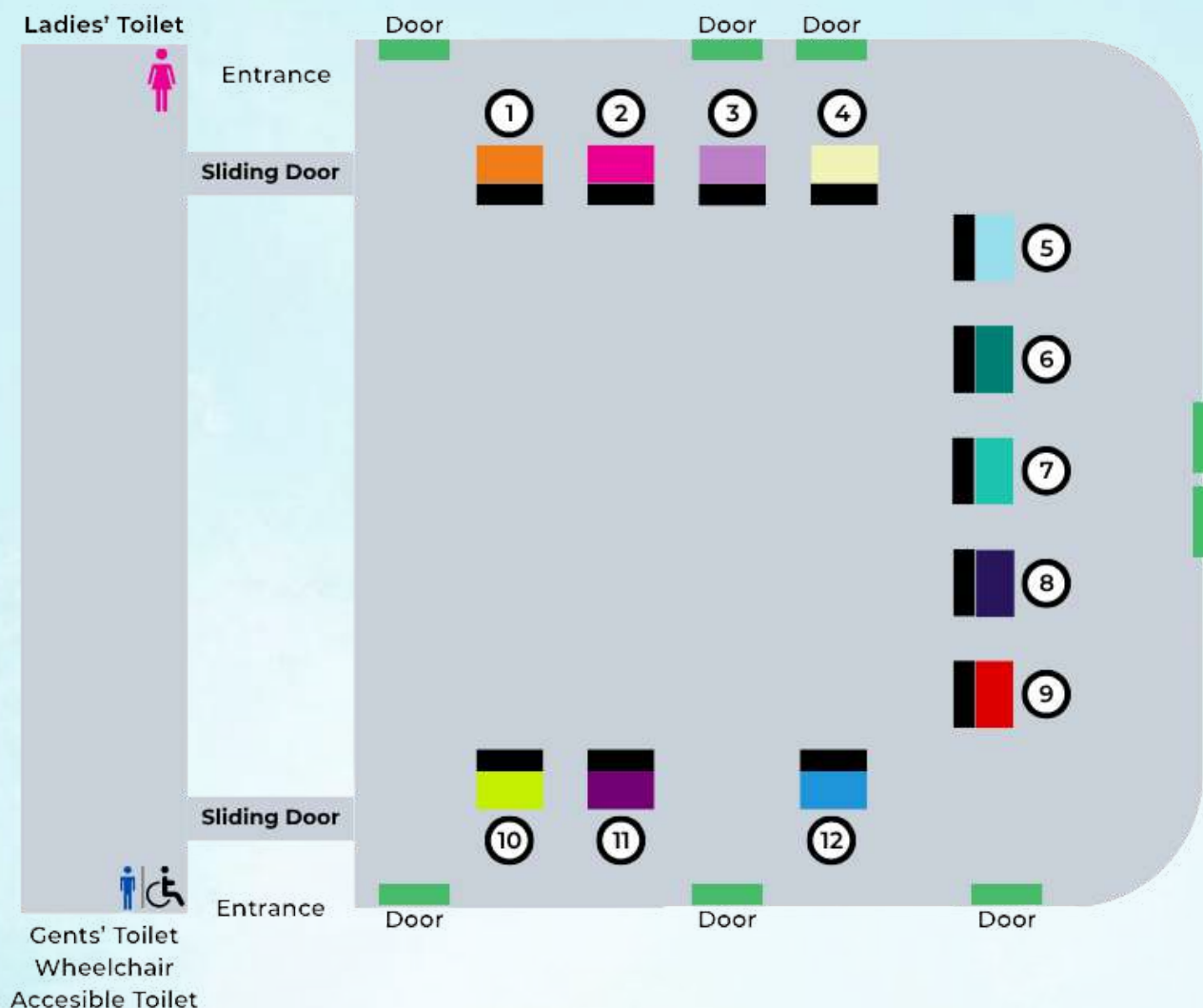
BOOTH 11

Limitless

BOOTH 12

**Lutheran Community Care
Services Ltd**

VENUE: BLOCK D, LEVEL 1, PERFORMING ARTS THEATRE FOYER



LEGEND

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

DAY 2

COMMUNITY-BUILDING CIRCLES



DAY 2
WEDNESDAY,
2 SEPTEMBER 2026



TIME
11:25 AM – 12:25 PM



VENUE
BLOCK C
C.1.05 (FISH TANK)



FACILITATED BY
SUSS Master of Psychology (Clinical)
students trained in circle facilitation



CAPACITY

- 8 facilitated circles
- 56 participants and facilitators
- 5 participants + 1 facilitator per circle

FOUR THEMES. EIGHT CIRCLES.

Participants may choose the theme that resonates most with their lived experiences.

- 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.
- 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.
- 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.
- 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 8 circles in total. Each circle consists of 5 participants and 1 facilitator. Two circles are assigned to each theme.

THEME		CIRCLE ALLOCATION	
1	Theme 1: Caring for Others, Caring for Ourselves		Groups 1 & 2
2	Theme 2: Navigating Life's Transitions		Groups 3 & 4
3	Theme 3: Redefining Success		Groups 5 & 6
4	Theme 4: Finding Belonging		Groups 7 & 8

Participants may select their preferred Community-Building Circle during registration subject to availability. Each circle provides a safe, respectful and supportive space for meaningful conversations and connection.

SEMINAR ROOM EMERGENCY EXIT & SAFETY INFORMATION

FIRE EMERGENCY

If the fire is in your proximity:

1. Activate Fire Alarm
2. Call campus security [6248 9100]
3. Evacuate from Building and proceed to Forecourt at Blk B



Upon hearing the announcement for evacuation, all are to do the following:

Observe the following:

- Remain calm.
- Do not re-enter the room or floor unless instructed to do so.
- Do not use lifts
- Follow the instructions from SUSS staff and emergency personnel.
- Proceed to Assembly Area at the forecourt in front of Blk B

Wet weather:

- Assembly Area will be at the Plaza (Blk A) next to the bus canopy

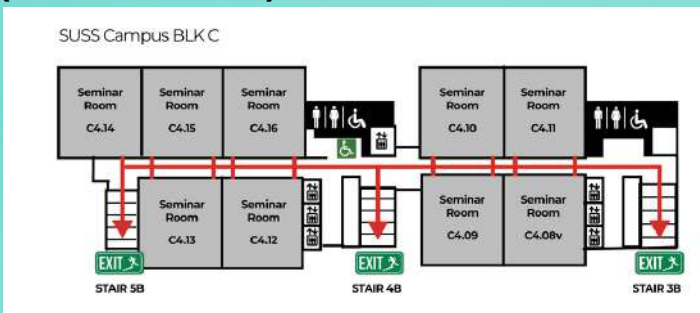
FIRE EVACUATION PROCEDURE

Participants and staff are to follow the evacuation route as indicated.



Safety Tips

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 located 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] & Campus Emergency [6248 9100]
 - This will activate security and campus first aiders.
2. Activate these if necessary:
 - First Aid Kit, CPR, AED
3. Stay with the injured until help arrives.

Location of nearest AEDs:

- Block C:
 - Level 1 and Level 6 at all Lift Lobbies
- Block D Lift Lobby:
 - Level 1, 2, and 4



BREAKOUT PROGRAMMES

LIGHTNING PRESENTATION

DURATION
(3 MINS + 2 MINS Q&A)

Fast-paced and thought-provoking, these short presentations showcase fresh ideas, innovative initiatives, and inspiring experiences. In just a few minutes, presenters share key insights that spark reflection on well-being, belonging, and the evolving meaning of success.

FULL PRESENTATIONS

DURATION
(15 MINS + 10 MINS Q&A)

Explore research, innovative practices, and real-world experiences that challenge conventional ideas of success and well-being. These sessions offer evidence-informed insights and practical approaches to fostering personal growth, resilience, inclusion, and collective care across generations.

PRACTICE SPACE

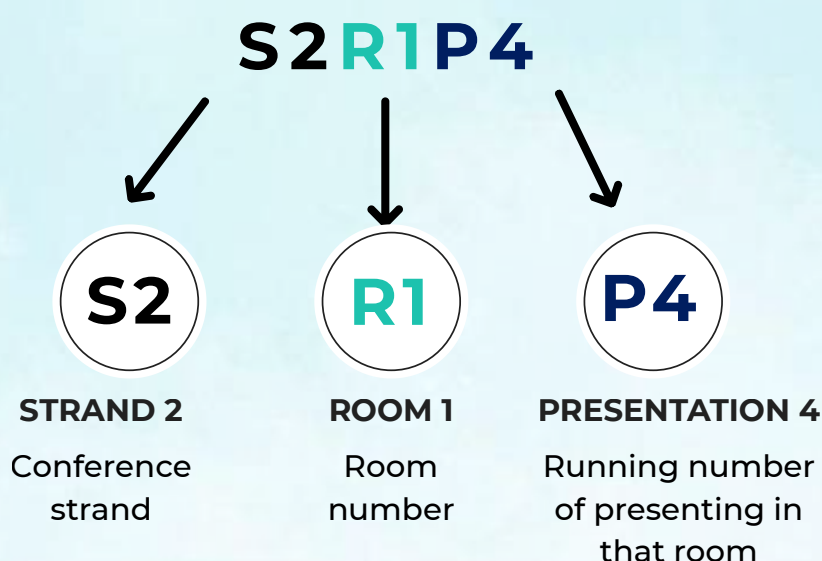
DURATION
(45 MINS)

Experience hands-on, engaging sessions designed to deepen self-awareness, build practical well-being skills, and inspire meaningful connection. Through guided activities, reflection, and dialogue, participants will gain tools and strategies they can apply in their personal, academic, and professional lives.

UNDERSTANDING PRESENTATION CODES

Each presentation is assigned a unique code to help you quickly identify its strand, room and sequence number within the conference programme.

CODE BREAKDOWN



EXAMPLE

S2R1P4

Strand 2 . Room 1. Presentation 4

S2R2P4

Strand 2 . Room 2. Presentation 4

ROOM DIRECTORY

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

BREAKOUT PROGRAMMES

DAY 1

TUESDAY, 1 SEPTEMBER 2026
2:30 PM - 5:00 PM

STRAND 1 (DAY 1) -
ME: FINDING BALANCE IN MY WELL-BEING



PROGRAMME AT A GLANCE

 DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING

 Room C.4.10

REDEFINING SUCCESS (FINDING MEANING, PURPOSE AND ENOUGHNESS IN A CULTURE OF MORE)

 LIGHTNING PRESENTATION

 FULL PRESENTATION

 PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTER(S)
S1R1P1	2:30 PM – 3:15 PM	 Practice Space	ALIGN: From Chaos to Clarity in a Culture of More	Ms Amanda Ling
S1R1P2	3:20 PM – 4:05 PM	 Practice Space	The Shape of Enough: Reimagining Success Through Expressive Arts	Ms Helen Lee

PROGRAMME AT A GLANCE



DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING

 Room C.4.11

FINDING STRENGTH IN CONNECTION (EXPLORING HOW INCLUSION, BELONGING AND SHARED EXPERIENCES SUPPORT WELL-BEING)



LIGHTNING PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S1R2P1	2:30 PM – 2:35 PM	 Lightning Presentation	Building Inclusion Through Play	Dr Jason Gan, Ms Yvonne Tan
S1R2P2	2:40 PM – 2:45 PM	 Lightning Presentation	Redefining Success through Affordable Standing Wheelchairs for People with Paralysis	A/P Ada Hiu Kan Wong, Dr Monzurul Alam
S1R2P3	2:50 PM – 3:15 PM	 Full Presentation	From Me to We: Learning Well-Being Skills Through Circles	Mr Simon Leow
S1R2P4	3:20 PM – 4:05 PM	 Practice Space	Drama and Well-Being	Ms Rachel Nip

PROGRAMME AT A GLANCE



DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING

 Room C.4.12

MAKING SENSE OF OUR EXPERIENCES
(EXPLORING ADVERSITY, IDENTITY, ACCEPTANCE
AND PERSONAL GROWTH)



LIGHTNING
PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S1R3P1	2:30 PM – 2:35 PM	 Lightning Presentation	Film therapy: Dealing with grief through Hamnet	Ms Sim Eng Khoo
S1R3P2	2:40 PM – 3:05 PM	 Full Presentation	Reframing Meritocracy through “The Power of Enough”: Disability and Well-Being	Associate Professor Wong Meng Ee
S1R3P3	3:10 PM – 3:35 PM	 Full Presentation	A Psycho-Social Analysis of Dissatisfaction in Contemporary Life	Mr Ee-Ke Chew
S1R3P4	3:40 PM – 4:25 PM	 Practice Space	Tuning the Self Through Frequency, Voice, and Conscious Listening	Ms Michele Chong

PROGRAMME AT A GLANCE

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DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING

 Room C.4.13

BEYOND THE PURSUIT OF MORE (EXPLORING
ACHIEVEMENT, RESILIENCE, LEARNING AND
WELL-BEING IN DEMANDING ENVIRONMENTS)



**LIGHTNING
PRESENTATION**



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
SIR4P2	2:40 PM – 3:05 PM	 Full Presentation	Wellbeing from Academic Education to Work	Mr Mark Rozario
SIR4P3	3:10 PM – 3:35 PM	 Full Presentation	Assessment as the Heartbeat of Wellbeing	Dr Mohamed Pitchay Gani Bin Mohamed Abdul Aziz
SIR4P4	3:40 PM – 4:25 PM	 Practice Space	The Martial Paradox: Calm Responses during Chaos	Mr Randell Siow

PROGRAMME AT A GLANCE



DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1

ME: FINDING BALANCE IN MY WELL-BEING



Room C.4.15

KNOWING WHAT MATTERS (EXPLORING
EMOTIONS, SELF-AWARENESS AND
PSYCHOLOGICAL WELL-BEING)



**LIGHTNING
PRESENTATION**



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S1R5P1	2:30 PM – 2:55 PM	 Full Presentation	Beyond “Stay Positive”: Creating Belonging Through Emotional Validation	Miss Tammy Theresa Teo
S1R5P2	3:00 PM – 3:45 PM	 Practice Space	My Mental Health Hashtag: A Creative Framework for Understanding Well-being	Dr Natasha Riard, Dr Leck Wan Qing

PROGRAMME AT A GLANCE

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DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING

 Room C.4.16

LIVING WELL, LIVING ENOUGH (EXPLORING
HOLISTIC WELL-BEING THROUGH BODY, MIND
AND DAILY PRACTICE)



LIGHTNING
PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
SIR6P1	2:30 PM – 2:55 PM	 Full Presentation	Holistic well-being despite chronic diseases: A gerontologist-patient's perspective integrating research	Dr Helen Ko
SIR6P2	3:00 PM – 3:45 PM	 Practice Space	The Original Taiji Practice for Balanced Living & Holistic Well-being	Ms Lauryn Tang
SIR6P3	3:50 PM – 4:35 PM	 Practice Space	TEA-EN: The Comprehensive Approach to Effective Self-Transformation	Ms Abelene Hu



PROGRAMME AT A GLANCE

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DAY 1 | TUESDAY, 1 SEPTEMBER 2026

STRAND 1 ME: FINDING BALANCE IN MY WELL-BEING



Room C.4.09

LIVING WELL, LIVING ENOUGH (EXPLORING HOLISTIC WELL-BEING THROUGH BODY, MIND AND DAILY PRACTICE)



LIGHTNING PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
SIR7P1	2.30 PM - 4.30 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
SIR7P2		 Full Presentation 2		
SIR7P3		 Full Presentation 3		
SIR7P4		 Full Presentation 4		

BREAKOUT PROGRAMMES

DAY 1

ABSTRACTS



LIGHTNING PRESENTATION

S1R2P1

2:30 PM - 2:35 PM

 **ROOM - C.4.11**

Building Inclusion Through Play

Yvonne Tan

Lecturer

Singapore University of Social Sciences

Dr Jason Gan

Specialist

Singapore University of Social Sciences

This presentation explores how open-ended play can create opportunities for inclusion among children of diverse abilities. Drawing on observations from a preschool project involving children with and without hearing loss, the session highlights how social barriers were gradually overcome through shared play experiences. Participants will gain insights into how play-based environments, when paired with time and opportunity, can naturally foster communication, belonging and inclusion among young children.

LIGHTNING PRESENTATION

S1R2P2

2:40 PM – 2:45 PM

 **ROOM - C.4.11**

Redefining Success through Affordable Standing Wheelchairs for People with Paralysis

Dr Ada Hiu Kan Wong

Associate Professor

School of Business, Singapore University of Social Sciences

Dr Monzurul Alam

Research Fellow

School of Biomedical Engineering, The University of Sydney

This presentation examines how affordable assistive technologies can enhance participation, confidence and well-being for people living with paralysis in low-resource settings. Drawing on research conducted in Bangladesh, the session shares findings from the development and evaluation of low-cost standing wheelchairs. Participants will gain insights into how innovation, accessibility and social support can redefine success through inclusion, independence and improved quality of life rather than technological sophistication alone.



LIGHTNING PRESENTATION

S1R3P1

2:30 PM - 2:35 PM

 **ROOM - C.4.12**

Film Therapy: Dealing with Grief through Hamnet

Ms Sim Eng Khoo

Senior Lecturer

School of Humanities & Behavioural Sciences

Singapore University of Social Sciences

This presentation explores how film can serve as a meaningful tool for processing grief and navigating difficult emotions. Using Hamnet as a case study, the session examines how films can offer a safe space for viewers to make sense of their feelings and find comfort through shared human experience. Participants will gain a fresh perspective on the therapeutic potential of film in supporting emotional healing and resilience.

FULL PRESENTATION

S1R2P3

2:50 PM – 3:15 PM

 **ROOM - C.4.11**

From Me to We: Learning Well-Being Skills Through Circles

Mr Simon Leow

Co-founder

Happiness Initiative

This presentation explores how individual well-being can be strengthened through supportive group learning environments. Drawing on findings from the Well-Being Circles programme, the session examines how evidence-based well-being skills, peer support and shared reflection contribute to personal and collective flourishing. Participants will gain insights into how psychological safety, community connection and relational learning can support resilience while creating positive ripple effects that extend beyond the individual.



FULL PRESENTATION

S1R3P2

2:40 PM – 3:05 PM

 **ROOM - C.4.12**

Reframing Meritocracy through “The Power of Enough”: Disability and Well-Being

A/P Meng Ee Wong

Associate Professor

National Institute of Education, Nanyang Technological University

This presentation examines how conventional ideas of meritocracy can marginalise individuals whose experiences do not align with dominant expectations of achievement and productivity. Drawing on disability studies and inclusive perspectives, the session introduces “the power of enough” as an alternative lens for understanding success. Participants will gain insights into how well-being, dignity, interdependence and sustainable participation can contribute to more humane and inclusive definitions of achievement across society.

FULL PRESENTATION

S1R3P3

3:10 PM – 3:35 PM

 **ROOM - C.4.12**

A Psycho-Social Analysis of Dissatisfaction in Contemporary Life

Mr Ee-Ke Chew

Independent Consultant/PhD Candidate
Lead Human Centered Development

This presentation explores why feelings of dissatisfaction often persist despite achievement, success and material comfort. Drawing on psychoanalysis, systems psychodynamics and critical social theory, the session examines how contemporary societies reinforce narratives of endless striving and insufficiency. Participants will gain a deeper understanding of the psychological and social forces shaping well-being, and consider how redefining one's relationship with desire may contribute to a more sustainable sense of "enough".

FULL PRESENTATION

S1R4P2

2:40 PM – 3:05 PM

 **ROOM - C.4.13**

Well-being from Academic Education to Work

Mr Mark Rozario

Senior Clinical Psychologist
Singapore University of Social Sciences

Drawing on years of clinical practice across healthcare, corporate and educational settings, this presentation examines how achievement-focused cultures can shape well-being across the lifespan. The session explores how success-oriented identities formed during education may contribute to burnout, dissatisfaction and imbalance later in life. Participants will gain insights into developing healthier definitions of achievement, building sustainable life roles and recognising “enough” as a foundation for long-term well-being.

FULL PRESENTATION

S1R4P3

3:10 PM – 3:35 PM

 **ROOM - C.4.13**

Assessment as the Heartbeat of Well-being

Dr Mohamed Pitchay Gani Bin Mohamed Abdul Aziz

Associate

Singapore University of Social Sciences

This presentation reimagines assessment as a tool for supporting student growth, belonging and well-being rather than merely measuring performance. By viewing assessment as an ongoing process of self-reflection, feedback and learning, the session highlights how students can develop greater agency, competence and confidence. Participants will gain practical ideas for creating learning environments where assessment promotes psychological safety, motivation and holistic development alongside academic achievement.

FULL PRESENTATION

S1R5P1

2:30 PM – 2:55 PM

📍 ROOM - C.4.15

Beyond “Stay Positive”: Creating Belonging Through Emotional Validation

Miss Tammy Theresa Teo

PhD Student

Singapore University of Social Sciences

This presentation explores how positivity, when applied without sensitivity to context, can unintentionally invalidate distress and undermine psychological safety. Drawing on research and practical examples, the session examines the difference between supportive encouragement and toxic positivity. Participants will gain insight into the role of emotional validation in strengthening relationships and creating environments where people feel heard, respected and supported through the full range of human emotions.

FULL PRESENTATION

S1R6P1

2:30 PM – 2:55 PM

ROOM - C.4.16

Holistic well-being despite chronic diseases: A gerontologist-patient's perspective integrating research

Dr Helen Ko

Associate Professor

Singapore University of Social Sciences

Drawing on both lived experience as a cancer survivor and professional expertise in gerontology and counselling, this presentation explores how individuals can cultivate well-being while living with chronic illness. The session introduces a holistic framework centred on self-care, social support, spirituality, gratitude and purpose. Participants will gain practical insights into enhancing quality of life, building resilience and supporting holistic well-being for themselves or others facing long-term health challenges.

PRACTICE SPACE

SIRIP1

2:30 PM – 3:15 PM

ROOM - C.4.10

ALIGN: From Chaos to Clarity in a Culture of More

Ms Amanda Ling
Independent

This workshop explores how constant pressure to achieve, accumulate and perform can contribute to overwhelm, burnout and diminished well-being. Drawing on the ALIGN framework, participants will examine how personal, cognitive, environmental and experiential clutter can create misalignment between values, attention and daily life. Through guided reflection and experiential practices, participants will gain practical tools to cultivate greater clarity, calm and a sustainable sense of “enough”.

PRACTICE SPACE

SIRIP2

3:20 PM - 4:05 PM

📍 ROOM - C.4.10

The Shape of Enough: Reimagining Success Through Expressive Arts

Ms Helen Lee

Expressive Arts Practitioner and Sound Facilitator
Independent Practitioner (Studio H)

This workshop invites participants to reflect on personal definitions of success beyond external achievement and societal expectations. Using expressive arts processes, participants will engage in creative reflection, emotional exploration and meaning-making activities that foster self-awareness and presence. No prior arts experience is required. Participants will discover how creative expression can support well-being, encourage deeper self-understanding and nurture a more balanced and sustainable approach to success.

PRACTICE SPACE

S1R2P4

3:20 PM - 4:05 PM

ROOM - C.4.11

Drama and Well-Being

Ms Rachel Nip

Resident Teaching Artist
Singapore Repertory Theatre

This workshop explores how drama-based techniques can support emotional well-being, resilience and social connection. Through experiential activities, participants will discover how drama can strengthen communication, encourage self-expression and foster engagement in educational, workplace and community settings. Participants will experience practical strategies that promote empathy, collaboration and meaningful connection, while gaining tools that can be adapted to support well-being in their own contexts.

PRACTICE SPACE

S1R3P4

3:40 PM - 4:25 PM

 **ROOM - C.4.12**

Tuning the Self Through Frequency, Voice, and Conscious Listening

Ms Michele Chong
Founder/Director
The Sirius Sound

This workshop explores the relationship between sound, voice and emotional well-being. Drawing on frequency science, emotional intelligence and sound-based practices, participants will discover how sound influences emotional states, behaviour and self-awareness. Through guided activities, participants will explore their own responses to sound and learn practical techniques for emotional regulation, self-reflection and well-being using voice, listening and conscious awareness.

PRACTICE SPACE

SIR4P4

3:40 PM - 4:25 PM

📍 ROOM - C.4.13

The Martial Paradox: Calm Responses during Chaos

Mr Randell Siow

Associate Lecturer with SUSS

Certified Coach and Coach Developer with SportSG

eXiLe Solutions

This workshop explores how principles from martial and combat arts can help individuals respond effectively under pressure. Participants will learn how visual awareness, breathing and physiological regulation influence emotional responses during stressful situations. Through practical demonstrations and guided reflection, the session offers insights into managing stress, improving situational awareness and maintaining composure when facing conflict, uncertainty or high-pressure environments in everyday life.

PRACTICE SPACE

S1R5P2

3:00 PM - 3:45 PM

📍 ROOM - C.4.15

My Mental Health Hashtag: A Creative Framework for Understanding Well-being

Dr Natasha Riard

Head (Master of Clinical Psychology Programme)
School of Humanities and Behavioural Sciences
Singapore University of Social Sciences

Dr Leck Wan Qing

Lecturer
Psychology Programme
School of Humanities and Behavioural Sciences, SUSS

This workshop introduces a practical framework for understanding the multiple factors that influence mental health and psychological well-being. Using the Mental Health Hashtag, a visual adaptation of the Extended Evolutionary Meta Model (EEMM), participants will reflect on nine interconnected domains that shape their well-being. Through a guided creative activity, participants will create a personalised representation of the factors that support their mental health, resilience and flourishing.

PRACTICE SPACE

S1R6P2

3:00 PM - 3:45 PM

📍 ROOM - C.4.16

The Original Taiji Practice for Balanced Living & Holistic Well-being

Ms Lauryn Tang

Well-being gardener, Founder
P+ Quotient

This workshop introduces traditional Taiji as a practical approach to managing stress and promoting holistic well-being in today's fast-changing world. Participants will explore key principles and techniques that support mental, emotional and physical well-being while challenging common misconceptions about Taiji practice. Through guided experience and reflection, the session demonstrates how mindful movement can strengthen resilience, improve self-awareness and contribute to healthier, more balanced living.



PRACTICE SPACE

S1R6P3

3:50 PM - 4:35 PM

📍 ROOM - C.4.16

TEA-EN: The Comprehensive Approach to Effective Self-Transformation

Ms Abelene Hu

Wellbeing Trainer, Life Coach & Energetics Guide
Healing Journey

This workshop introduces the TEA-EN framework, an integrated approach to personal transformation and well-being. Through experiential activities and practical exercises, participants will explore strategies for thought reframing, emotional regulation, behavioural change and energy awareness. The session bridges theory and lived experience, equipping participants with tools to support personal growth while highlighting how individual transformation can contribute to healthier families, workplaces and communities.

Workplace Loneliness and Social Disconnection

Group 1

Russell Tee Tuan Sze

MPSYC-SPE

Lin Siyan

MMGT-SPE

Lim Yi Mei Bernice

MMGT-SPE

Group 2

Clarissa Kim Wemple

MPSYC-SPE

Leela D/O Velayuthan

MMGT-SPE

Ko Pui Sar

MSSC-SPE

Mie Mie, Ashley

MPSYC-SPE

Group 3

Nur Sofiawati Binte Nasruddin

MPSYC-SPE

Fiona Tan Wan Yi

MSSC-SPE

Yeo Si Li

MMGT-SPE

Group 4

Wong Wen Nie (Wang Wenyi)

MPSYC-SPE

Nurul Huda Binte Abdul Hamid

MMGT-SPE

Ho Teen, Serene Mrs Serene Goh

GDPSYOP

Ong Iva (Weng Yiting)

MMGT-SPE

Facilitated by: Dr Hashim Bin Osman

About the Session

This session features four student group presentations exploring the emerging phenomenon of workplace loneliness and social disconnection in contemporary organisations. Drawing on primary research conducted with working adults in Singapore, the presentations examine how organisational conditions, leadership practices, communication patterns and workplace cultures influence employees' sense of connection, belonging and well-being. Participants will gain insights into how organisational practices can foster more connected, inclusive and psychologically healthy workplaces.

BREAKOUT PROGRAMMES

DAY 2

WEDNESDAY, 2 SEPTEMBER 2026
2:00 PM – 4:15 PM

STRAND 2 (DAY 2) -
WE: CREATING BELONGING THROUGH CARE



PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE



Room C.4.10

BUILDING COMMUNITIES OF CARE (HOW COMMUNITIES, SCHOOLS AND ORGANISATIONS CREATE CULTURES OF CARE AND BELONGING)



LIGHTNING PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R1P1	2:00 PM – 2:25 PM	 Full Presentation	From Personal Loss to Collective Care: Why the OTR Academy Was Created	Mr Chow Yen-Lu
S2R1P2	2:30 PM – 2:55 PM	 Full Presentation	A Culture of Care: Redefining Success from Individual Coping to Collective Responsibility	Mr Alex Yeo
S2R1P3	3:00 PM – 3:25 PM	 Full Presentation	From Awareness to Belonging: Building Peer-Led Communities of Care in Schools	Ms Sharmain Chin
S2R1P4	3:30 PM – 4:15 PM	 Practice Space	Creating Belonging Through Care: A Restorative Circle Experience	Mr Matthew Au, Mr Tyler Sim

PROGRAMME AT A GLANCE

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DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE

 Room C.4.11

REDEFINING SUCCESS ACROSS LIFE STAGES (EXPLORING HOW LEARNING, LIFE TRANSITIONS AND LIVED EXPERIENCES SHAPE OUR UNDERSTANDING OF SUCCESS, WELL-BEING AND BELONGING)



**LIGHTNING
PRESENTATION**



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R2P1	2:00 PM – 2:25 PM	 Full Presentation	Surviving or Thriving?: An Analysis of Well-being of Singapore University Students	Mr Ho Han Sheng Ms Chloe Tay
S2R2P2	2:30 PM – 2:55 PM	 Full Presentation	A Community-First, Youth-Led Model to Advance Midlife Awareness in Asia	Mr Elmer Yap, Miss Valery Tan
S2R2P3	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
S2R2P4	3:30 PM – 4:15 PM	 Practice Space	Facilitating Care and Belonging Through Playful Conversations	Mr Toh Kian Beng, Miss Lai Si Yu

PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE

 Room C.4.12

BELONGING ACROSS DIVERSE COMMUNITIES
(EXPLORING HOW CULTURE, IDENTITY, LIVED
EXPERIENCES AND COMMUNITIES SHAPE INCLUSION,
CONNECTION AND BELONGING)



**LIGHTNING
PRESENTATION**



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R3P1	2:30 PM –2:35 PM	 Lightning Presentation	The Power of Response: How Communities Shape Survivor Healing	Ms Jeevasree Selva Kumaran
S2R3P2	2:40 PM – 2:45 PM	 Lightning Presentation	Beyond the Counselling Room: A Relational Approach to Mental Wellbeing	Ms Evangeline Chia, Mr Benjamin Wong
S2R3P3	2:50 PM –2:55 PM	 Lightning Presentation	Peer Supporters-in-Action: A Peer-Led Approach to Building Belonging	Ms Yap Hui Ting, Miss Tan Xin En Victoria, Miss Tarynna Seng



PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE



Room C.4.12

**BELONGING ACROSS DIVERSE COMMUNITIES
(EXPLORING HOW CULTURE, IDENTITY, LIVED
EXPERIENCES AND COMMUNITIES SHAPE INCLUSION,
CONNECTION AND BELONGING)**



**LIGHTNING
PRESENTATION**



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R3P4	3:00 PM –3:05 PM	 Lightning Presentation	The Breathing Space: Making Mindfulness accessible for Migrant Domestic Workers in Singapore	Ms Prithipal Kaur Bhullar, Ms Tan Bai Ling Felicia, Ms Poh Mei Hui, Ms Tan Ethel Siew Ee
S2R3P5	3:10 PM –3:35 PM	 Full Presentation	AMPowering Care: A Caregiver Support Programme	Mr Muhammad Qayyum Bin Norshapiee
S2R3P6	3:40 PM –4:05 PM	 Full Presentation	Reimagining Ageing Through Cultural Innovation and Lion Dance	Ms Lynn Wong

PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE



Room C.4.13

FINDING STRENGTH IN CONNECTION (EXPLORING HOW RELATIONSHIPS, SUPPORT AND SHARED EXPERIENCES FOSTER MENTAL WELL-BEING AND RESILIENCE)



LIGHTNING
PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R4P1	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
S2R4P2	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
S2R4P3	3:00 PM – 3:25 PM	 Full Presentation	Practising Care and Connection: Building Belonging Through Growth Circles	Ms Shamantha Yan, Ms Shane Yan
S2R4P4	3:30 PM – 4:15 PM	 Practice Space	Caring Connections, Safe Spaces	Ms Amber Lieu, Ms Jay Han, Ms Verity Er, Mr Jeremy Ang

PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE

 Room C.4.15

DESIGNING CONDITIONS FOR WELL-BEING (EXPLORING HOW ENVIRONMENTS, SYSTEMS AND COMMUNITIES CAN BE INTENTIONALLY DESIGNED TO SUPPORT WELL-BEING, BELONGING AND HUMAN FLOURISHING)



LIGHTNING
PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R5P1	2:00 PM – 2:25 PM	 Full Presentation	By Youths, For Youths: A sociocracy-based youth engagement model	Ms Jay Han, Ms Verity Er, Ms Chua Xing Huan, Ms Shannon Tong
S2R5P2	2:30 PM – 2:55 PM	 Full Presentation	Upstreaming Well-being: Moving from Knowledge to Lived Habit	Miss Divya Nanthakumaran
S2R5P3	3:00 PM – 3:25 PM	 Full Presentation	Well-being in the Built Environment	Dr Michael Kent
S2R5P4	3:30 PM – 4:15 PM	 Practice Space	Promoting Happiness within the Organization using the SCARF model	Ms Yeo Lay

PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2

WE: CREATING BELONGING THROUGH CARE

 Room C.4.16

REIMAGINING SUPPORT AND CARE (EXPLORING HOW MENTORING, INNOVATION AND SUPPORT ECOSYSTEMS CAN STRENGTHEN WELL-BEING, BELONGING AND COMMUNITY CARE)



LIGHTNING
PRESENTATION



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R6P1	2:00 PM – 2:05 PM	 Lightning Presentation	Redefining Student Success: The SUSS Well-Being Framework	Ms Carol Khong
S2R6P2	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
S2R6P3	2:40 PM – 3:25 PM	 Practice Space	MindKit™ Kintsugi: The Unwritten Standards of Workplace Performance	Ms Kristine Tan
S2R6P4	3:30 PM – 4:15 PM	 Practice Space	Designing Digital Pathways of Care: Supporting Caregivers and Older Adults Through Innovation	Associate Professor June Tay

PROGRAMME AT A GLANCE



DAY 2 | WEDNESDAY, 2 SEPTEMBER 2026

STRAND 2 WE: CREATING BELONGING THROUGH CARE

 Room C.4.09

SUSTAINING COMMUNITIES OF CONTRIBUTION (EXPLORING HOW VOLUNTEERISM, PARTNERSHIPS AND WORKPLACE CULTURES SUPPORT LONG-TERM WELL-BEING AND COMMUNITY IMPACT)



COMMUNITY
DIALOGUE



FULL PRESENTATION



PRACTICE SPACE

PRESENTATION CODE	TIME	PRESENTATION TYPE	PRESENTATION TITLE	PRESENTERS
S2R7P1	2:00 PM – 2:45 PM	 Practice Space	Volunteering and Self-Determination Theory: Creating Meaning through Connections	Mr Bryan Chan, Ms Amber Lieu, Ms Stacey Woo, Mr Saw Young Ern
S2R7P2	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
S2R7P3	3:20 PM – 3:45 PM	 Full Presentation	Reviewing the Sustainability of Senior Volunteerism in Active Ageing Centre	Dr Grace Chee, Ms Ellsie Lee, Ms Amanda Mok, Ms Charmaine Yun
S2R7P4	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

BREAKOUT PROGRAMMES

DAY 2

ABSTRACTS



LIGHTNING PRESENTATION

S2R2P3

3:00 PM - 3:05 PM

ROOM - C.4.11

Kampung Spirit: Seniors Social Skills

Ms Tini Ang

Clinical Psychologist-in-Training
Singapore University of Social Sciences

Ms Kay Chan

Clinical Psychologist-in-Training
Singapore University of Social Sciences

Ms Yoong Joo Chua

Clinical Psychologist-in-Training
Singapore University of Social Sciences

Ms Joyce Au Qiu Ming

Clinical Psychologist-in-Training
Singapore University of Social Sciences

This presentation introduces a peer-led programme designed to reduce social isolation and strengthen social connectedness among older adults. Drawing on evidence-based approaches and strengths-based community practice, the programme equips seniors with practical skills in communication, relationship-building and conflict resolution. Participants will gain insights into how structured social engagement can foster belonging, purpose and meaningful connections while supporting mental well-being in later life.

LIGHTNING PRESENTATION

S2R3P1

2:30 PM - 2:35 PM

 **ROOM - C.4.12**

The Power of Response: How Communities Shape Survivor Healing

Ms Jeevasree Selva Kumaran

Founder
KOE

This presentation explores how access to supportive resources and informed responses can influence the healing journeys of sexual assault survivors. Drawing on insights from advocacy work and the development of BloomBot, a resource platform for survivors, the session highlights the importance of trauma-informed support. Participants will gain practical perspectives on fostering safer, more compassionate environments that encourage help-seeking and promote recovery.

LIGHTNING PRESENTATION

S2R3P2

2:40 PM - 2:45 PM

 **ROOM - C.4.12**

Beyond the Counselling Room: A Relational Approach to Mental Wellbeing

Ms Evangeline Chia

Founder/CEO

Kairos InnoTech Pte Ltd

Mr Benjamin Wong

CFO

Kairos InnoTech Pte Ltd

This presentation explores how mental well-being is shaped not only by individuals but also by their relationships, environments and experiences. Drawing on a relational perspective, the session explores how everyday touchpoints can become opportunities to foster care and connection. Participants will leave with fresh possibilities for creating meaningful moments beyond the counselling room.

LIGHTNING PRESENTATION

S2R3P3

2:50 PM - 2:55 PM

 **ROOM - C.4.12**

Peer Supporters-in-Action: A Peer-Led Approach to Building Belonging

Ms Hui Ting Yap

Senior Counsellor
Temasek Polytechnic

Miss Victoria Tan Xin En

Peer Supporters-in-Action Student Mentor
Temasek Polytechnic

Miss Tarynna Seng

Peer Supporters-in-Action President
Temasek Polytechnic

This presentation showcases how a student-led peer support initiative fosters belonging, psychological safety and meaningful connection within a tertiary education setting. Through peer-led activities, informal support spaces and student-driven campaigns, the programme encourages help-seeking and strengthens social connectedness. Participants will gain practical ideas for developing peer support networks that promote care, inclusion and well-being within their own communities and institutions.



LIGHTNING PRESENTATION

S2R3P4

3:00 PM - 3:05 PM

ROOM - C.4.12

The Breathing Space: Making Mindfulness accessible for Migrant Domestic Workers in Singapore

Ms Prithipal Kaur Bhullar

Trainee Clinical Psychologist
Singapore University of Social Sciences

Ms Mei Hui Poh

Trainee Clinical Psychologist
Singapore University of Social Sciences

Ms Felicia Tan Bai Ling

Trainee Clinical Psychologist
Singapore University of Social Sciences

Ms Ethel Siew Ee Tan

Trainee Clinical Psychologist
Singapore University of Social Sciences

This presentation explores how mindfulness programmes can be designed as a “plug-and-play” model to support the well-being of migrant domestic workers in Singapore. Centered on accessibility, the initiative seeks to provide practical coping strategies for managing stress and preventing burnout. Attendees will gain insights into designing mindfulness programmes that are accessible, culturally sensitive, and sustainable for the community.

LIGHTNING PRESENTATION

S2R6P1

2:00 PM - 2:05 PM

 **ROOM - C.4.16**

Redefining Student Success: The SUSS Well-Being Framework

Ms Carol Khong

Specialist & Lead (Student Wellness) | Student Life Singapore
University of Social Sciences

This presentation introduces the SUSS Well-being Framework (CARE Framework), a holistic approach that broadens the understanding of student success by placing well-being alongside academic achievement. Guided by the four components of CARE—Connection, Awareness, Resilience and Empowerment—the framework provides a structured approach to designing well-being initiatives that foster belonging, resilience and holistic student development. Participants will gain insights into how a practical well-being framework can be adapted to strengthen student well-being and success within higher education.

FULL PRESENTATION

S2R1P1

2:00 PM - 2:25 PM

 **ROOM - C.4.10**

From Personal Loss to Collective Care: Why The OTR Academy Was Created

Mr Yen-Lu Chow

Co-Founder and Executive Chairman
Wholetree Limited

This presentation shares how personal tragedy became the catalyst for creating The OTR Academy, a platform dedicated to strengthening resilience, self-compassion and community care. Reflecting on the Academy's first year, the session explores how grief can be transformed into purpose and social impact. Participants will gain insights into building cultures of care where individual well-being contributes to collective responsibility and stronger, more compassionate communities.



FULL PRESENTATION

S2R1P2

2:30 PM – 2:55 PM

 **ROOM - C.4.10**

A Culture of Care: Redefining Success from Individual Coping to Collective Responsibility

Mr. Alex Yeo

Executive Director

Caring for Life

This presentation challenges the notion that well-being is solely an individual responsibility and explores how communities can play a more active role in supporting one another. Drawing on experience in community-based suicide prevention, the session examines how belonging, psychological safety and shared care strengthen resilience. Participants will gain practical insights into fostering helping cultures where people feel seen, supported and able to seek help when needed.



FULL PRESENTATION

S2R1P3

3:00 PM - 3:25 PM

ROOM - C.4.10

From Awareness to Belonging: Building Peer-Led Communities of Care in Schools

Ms Sharmain Chin

Founder

Total Wellness Initiative Singapore (TWIS)

This presentation explores how peer-led mental health initiatives can move beyond awareness-building to create genuine cultures of care and belonging in schools. Drawing on findings from the REST for Wellness programme, the session highlights how students can be empowered to support one another and strengthen help-seeking behaviours. Participants will gain insights into a scalable, evidence-informed approach to fostering peer support, resilience and psychological safety among young people.



FULL PRESENTATION

S2R2P1

2:00 PM - 2:25 PM

📍 ROOM - C.4.11

Surviving or Thriving?: An Analysis of Well-being of Singapore University Students

Mr Han Sheng Ho

Research Assistant

Singapore University of Social Sciences

This presentation examines how student well-being changes across and within academic semesters, drawing on large-scale research involving university students in Singapore. The findings highlight differences across student groups and reveal how assessment periods can significantly affect well-being. Participants will gain insights into the factors shaping student well-being and consider how educational institutions can better support students during periods of heightened stress and transition.

FULL PRESENTATION

S2R2P2

2:30 PM – 2:55 PM

 **ROOM - C.4.11**

A Community-First, Youth-Led Model to Advance Midlife Awareness in Asia

Mr Elmer Yap

Co-Founder

Surety Singapore

Miss Valery Tan

Co-Founder

Surety Singapore

This presentation explores how community-led initiatives can reduce stigma and strengthen support for individuals navigating menopause and midlife transitions. Drawing on the work of Surety Singapore, the session highlights how youth advocates, healthcare professionals and community partners can work together to normalise conversations around midlife well-being. Participants will gain insights into a practical model for fostering awareness, care-seeking and intergenerational support across diverse communities.

FULL PRESENTATION

S2R3P5

3:10 PM - 3:35 PM

 **ROOM - C.4.12**

AMPowering Care: A Caregiver Support Programme

Mr Muhammad Qayyum Bin Norshapiee

Counsellor

Lions Befrienders

This presentation introduces AMPowering Care, a community-based programme designed to support caregivers in managing the demands of caregiving while safeguarding their own well-being. Through workshops, peer sharing and resource support, the programme aims to reduce isolation and strengthen resilience among caregivers. Participants will gain insights into how structured support systems can promote sustainable caregiving, improve well-being and contribute to stronger care ecosystems.

FULL PRESENTATION

S2R3P6

3:40 PM - 4:05 PM

 **ROOM - C.4.12**

Reimagining Ageing Through Cultural Innovation and Lion Dance

Ms Lynn Wong

Founder

Inheritance Pte Ltd

This presentation explores how traditional lion dance has been reimagined as an accessible and meaningful activity that promotes well-being, purpose and social connection among older adults. Drawing on the Silver Pride Lion Troupe initiative, the session demonstrates how cultural heritage can be adapted to support active ageing and community participation. Participants will gain insights into innovative approaches that foster dignity, belonging and intergenerational engagement through shared cultural experiences.

FULL PRESENTATION

S2R4P1

2:00 PM - 2:25 PM

ROOM - C.4.13

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

This presentation explores how narrative practices can support early intervention, mental health literacy and community well-being. Drawing on the Tapestry Storying Approach, the session highlights how structured storytelling and reflective conversations can strengthen self-agency, meaning-making and peer support. Participants will gain insights into a scalable, community-based model that complements traditional mental health services while fostering connection, resilience and collective care.



FULL PRESENTATION

S2R4P2

2:30 PM - 2:55 PM

ROOM - C.4.13

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

This presentation examines the role of mindfulness-based approaches in supporting the psychological well-being of women affected by cancer in Singapore. Drawing on programme evaluation findings from a Mindfulness-Based Cancer Recovery (MBCR) course, it explores how mindfulness practices may strengthen emotional regulation, reduce stress and foster greater acceptance, self-compassion and resilience throughout the cancer journey. The session highlights the potential of mindfulness as a complementary component of psychosocial support and holistic cancer care, offering practical insights for professionals supporting individuals through diagnosis, treatment, survivorship and recovery.



FULL PRESENTATION

S2R4P3

3:00 PM - 3:25 PM

 **ROOM - C.4.13**

Practising Care and Connection: Building Belonging Through Growth Circles

Ms Shamantha Yan

Director
Growthbeans

Ms Shane Yan

Director
Growthbeans

This presentation explores how structured peer-supported conversations can foster belonging, resilience and relational well-being among young people. Drawing on findings from Growth Circles implemented across educational and community settings, the session highlights how guided reflection and dialogue can strengthen interpersonal skills and social connectedness. Participants will gain insights into an evidence-informed approach for building cultures of care where individuals feel seen, heard and valued.



FULL PRESENTATION

S2R5P1

2:00 PM - 2:25 PM

ROOM - C.4.15

By Youths, For Youths: A sociocracy-based youth engagement model

Ms Jay Han

Student

Singapore University of Social Sciences

Ms Xing Huan Chua

Student

Singapore University of Social Sciences

Ms Verity Er

Student

Singapore University of Social Sciences

Ms Shannon Tong

Student

Singapore University of Social Sciences

This presentation explores how youth-led initiatives can create psychologically safe spaces that support identity formation, autonomy and meaningful participation. Drawing on sociocratic principles, the programme empowers young people to co-design activities and conversations that reflect their interests and needs. Participants will gain insights into how youth-led approaches can strengthen engagement, belonging and well-being while fostering leadership, ownership and authentic connection among young people.

FULL PRESENTATION

S2R5P2

2:30 PM - 2:55 PM

 **ROOM - C.4.15**

Upstreaming Well-being: Moving from Knowledge to Lived Habit

Miss Divya Nanthakumaran

Founder & CEO

Forte360

This presentation explores how well-being can be strengthened by moving beyond awareness and information-sharing towards sustainable habit formation. Drawing on practical experience in schools and community settings, the session highlights the importance of embedding well-being practices into everyday routines and environments. Participants will gain insights into how educators, caregivers and organisations can create conditions that support resilience, self-regulation and long-term well-being through consistent and intentional practice.



FULL PRESENTATION

S2R5P3

3:00 PM - 3:25 PM

 **ROOM - C.4.15**

Well-being in the Built Environment

Dr Michael Kent

Lecturer

Singapore University of Social Sciences

This presentation examines how the design of indoor environments can influence health, well-being and human flourishing. Drawing on research in architecture, environmental psychology and sustainable building design, the session explores how features such as indoor environmental quality, natural views and human-centred design affect everyday experiences. Participants will gain insights into how thoughtfully designed environments can support comfort, performance, well-being and a greater sense of connection to place.

FULL PRESENTATION

S2R6P2

2:10 PM - 2:35 PM

 **ROOM - C.4.16**

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

This presentation explores an innovative scholarship and mentoring programme that reframes support as more than financial assistance. By combining mentoring, educational support and community care, the programme seeks to address the social and relational barriers that can affect student success. Participants will gain insights into how intergenerational mentoring and supportive networks can expand opportunities, strengthen belonging and redefine success as a collective rather than purely individual achievement.

FULL PRESENTATION

S2R7P2

2:50 PM - 3:15 PM

 **ROOM - C.4.09**

Designing Partnerships for Volunteer Well-Being in Resource-Constrained Nonprofits: Practitioner's Perspective

Ms Kai Ming Ng

Nonprofit Strategy Consultant

This presentation explores how strategic partnerships can strengthen volunteer well-being and create meaningful developmental opportunities within resource-constrained organisations. Drawing on practitioner experience across multiple nonprofit settings, the session examines how partnership design can support learning, recognition, mentoring and career development while enabling volunteers to contribute greater value to the organisations and communities they serve. Participants will gain practical insights into designing volunteer ecosystems that foster belonging, growth and long-term engagement without requiring substantial additional organisational resources.



FULL PRESENTATION

S2R7P3

3:20 PM - 3:45 PM

ROOM - C.4.09

Reviewing the Sustainability of Senior Volunteerism in Active Ageing Centre

Ms Ellsie Lee

Volunteer Management & Training
Development Executive
Lions Befrienders Service Association

Ms Amanda Mok

Volunteer Executive
Lions Befrienders Service Association

Dr Grace Chee

Lions Befrienders Service Association

Ms Charmaine Yun Lin Cheng

Executive, Project Development & Research
Lions Befrienders Service Association

This presentation highlights the collaboration between the Singapore University of Social Sciences and Lions Befrienders in examining the motivations and barriers to sustaining senior volunteerism at Active Ageing Centres (AACs). Drawing on findings from a mixed method study and field observations, the session explores how social service agencies might approach volunteer recruitment, retention, and development with older adults. Participants will also gain insights into a structured volunteer development pilot project within an AAC that aims to drive meaningful participation, purpose, contribution and well-being among older adults in the long-run.

PRACTICE SPACE

S2R1P4

3:30 PM - 4:15 PM

📍 ROOM - C.4.10

Creating Belonging Through Care: A Restorative Circle Experience

Mr Matthew Au

Trainer

Lutheran Community Care Services

Mr Tyler Sim

Manager

Lutheran Community Care Services

This experiential workshop introduces restorative circles as a practical approach to fostering belonging, connection and care within communities and organisations. Participants will experience a facilitated circle process that encourages listening, reflection and meaningful dialogue. Through guided participation, the session demonstrates how restorative practices can strengthen relationships, build trust and create psychologically safe spaces where individuals feel valued and connected.

PRACTICE SPACE

S2R2P4

3:30 PM - 4:15 PM

 **ROOM - C.4.11**

Facilitating Care and Belonging Through Playful Conversations

Mr Kian Beng Toh

Co-founder, Lead Play Designer
The Ubuntu Space

Miss Si Yu Lai

Co-founder, Behavioural Change Experience Designer
The Ubuntu Space

This workshop explores how structured conversations can support psychological safety, empathy and caregiver well-being. Through guided activities and shared reflection, participants will experience practical approaches for facilitating meaningful dialogue and connection within groups. The session provides simple yet effective techniques for creating supportive spaces where individuals feel heard, understood and valued, while strengthening relationships and fostering a greater sense of belonging.

PRACTICE SPACE

S2R4P4

3:30 PM - 4:15 PM

 **ROOM - C.4.13**

Caring Connections, Safe Spaces

Ms Amber Lieu

Student

Singapore University of Social Sciences

Ms Jay Han

Student

Singapore University of Social Sciences

Ms Verity Er

Student

Singapore University of Social Sciences

Mr Jeremy Ang

Lecturer and Clinic Manager

Singapore University of Social Sciences

This workshop introduces participants to the principles of trauma-informed communication and their application in everyday interactions. Through guided activities and discussion, participants will explore how empathy, safety and awareness can shape more supportive conversations. The session provides foundational skills for recognising the impact of trauma and responding in ways that foster trust, respect and meaningful connection across personal and professional settings.

PRACTICE SPACE

S2R5P4

3:30 PM - 4:15 PM

 **ROOM - C.4.15**

Promoting Happiness within the Organization using the SCARF model

Ms Yeo Lay

Dean of Students

Singapore University of Social Sciences

This workshop introduces the SCARF Model as a practical framework for understanding motivation, relationships and well-being in organisations. Participants will explore how five social qualities of status, certainty, autonomy, relatedness and fairness influence workplace experiences and behaviours. Through guided reflection and discussion, the session provides practical strategies for fostering positive workplace cultures, strengthening relationships, and creating environments where individuals and teams can thrive.



PRACTICE SPACE

S2R6P3

2:40 PM - 3:25 PM

 **ROOM - C.4.16**

MindKit™ Kintsugi: The Unwritten Standards of Workplace Performance

Ms Kristine Tan

Managing Director
Empatho Pte Ltd

This collaborative workshop explores the often-unspoken standards that shape how people perform, contribute and seek support within organisations. Through MindKit™ Kintsugi, participants will identify one rigid rule they carry and examine how unwritten standards influence decision-making, responsibility and workplace culture, particularly during periods of pressure and change. Through guided activity and reflection, the session encourages participants to create a more compassionate Gold Principle, while considering how personal rules can influence decision-making, responsibility, support-seeking and the way people work with others.



PRACTICE SPACE

S2R6P4

3:30 PM - 4:15 PM

ROOM - C.4.16

Designing Digital Pathways of Care: Supporting Caregivers and Older Adults Through Innovation

A/P June Tay

Associate Professor

Head, Digital Media Programme

Singapore University of Social Sciences

This workshop explores how technology can be leveraged to strengthen support for caregivers and older adults within an increasingly complex care landscape. Drawing on innovation and user-centred design principles, the presentation examines how digital solutions can improve access to resources, enhance coordination of care and support well-being. Participants will gain insights into how technology can complement human support systems and contribute to more connected and sustainable care ecosystems.



PRACTICE SPACE

S2R7P1

2:00 PM - 2:45 PM

ROOM - C.4.09

Volunteering and Self-Determination Theory: Creating Meaning through Connections

Mr Bryan Chan

Student

Singapore University of Social Sciences

Ms Amber Lieu

Student

Singapore University of Social Sciences

Ms Stacey Woo

Student

Singapore University of Social Sciences

Mr Saw Young Ern

Student

Singapore University of Social Sciences

This workshop explores how communication skills, self-care and meaningful relationships contribute to positive volunteer experiences. Grounded in Self-Determination Theory, the session examines how autonomy, competence and relatedness influence volunteer motivation and engagement. Through practical activities and reflection, participants will gain strategies for building authentic connections, supporting their own well-being and creating more meaningful and sustainable volunteering experiences.

COMMUNITY DIALOGUE

S2R7P4

3:50 PM – 4:15 PM

 **ROOM - C.4.09**

Sustaining Volunteerism Across Generations: Creating Meaning, Purpose and Belonging Through Contribution

**Panel Discussion Featuring Presenters
from the Volunteering Theme**

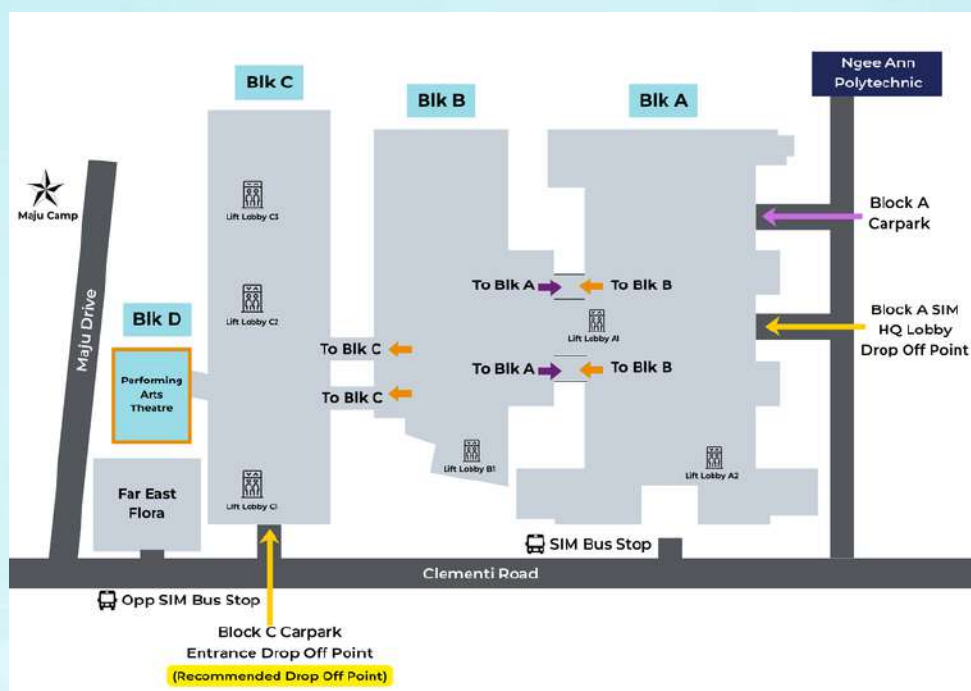
This community dialogue brings together diverse perspectives on how volunteerism can foster meaning, purpose and belonging across different generations. Participants will explore the motivations, challenges and opportunities associated with volunteering throughout the lifespan while reflecting on how contribution strengthens both individual and community well-being. The session provides a platform for shared learning and discussion on building sustainable cultures of service, care and civic participation.



DIRECTIONS



ACCESSIBILITY AT SUSS CAMPUS



Route	Description
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 and 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. After alighting, follow the sheltered pathway towards Block C. Before 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: - 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. Turn left upon exiting the building and follow the sheltered pathway. Before Starbucks, turn left towards the escalators. The conference venue is located behind the escalators on Level 1.
Accessible Parking	Accessible parking is available at SUSS Block C & D, Basement 1 & 2 Carpark. 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.

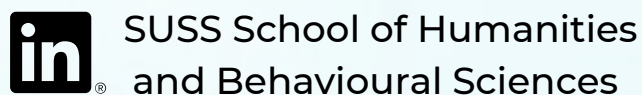
The Block A and Block C carpark are open daily from 6.00 am to 12.00 midnight.

GET IN TOUCH



For enquiries, please email us at
redefinesuccess@suss.edu.sg

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