

WOW Conference 2023 Programme
Date: 10 Nov 2023

Start	End	NAK Auditorium						
Venue								
0800h	0900h	Registration and Light Refreshment (Coffee and Tea only)						
0905h	0910h	Welcome note						
0910h	0920h	Opening Address by Prof Ivy Ng Group Chief Executive Officer, SingHealth						
0920h	0935h	Speech by Ms Sun Xueling Minister of State, Ministry of Home Affairs and Ministry of Social and Family Development						
0935h	0945h	Launch of SingHealth Staff Wellness Logo and Tagline						
0945h	1000h	Way of Wellness Speech by A/Prof Phua Ghee Chee Group Director, Staff Wellness, SingHealth						
1000h	1030h	Tea Break @ Auditorium Foyer						
1030h	1130h	<p align="center">Panel Discussion Moderated by CI Asst Prof Luke Low, DCEO (Clinical Services) (Designate), SingHealth Community Hospitals</p> <p align="center">Themes: How to Develop a Sustainable Well-being Culture Staff Well-being Matters: Reducing Mental Health Stigma Thriving on Purpose, Finding Meaning at Work</p> <p align="center">Panelists: - A/Prof Phua Ghee Chee, Group Director Staff Wellness, SingHealth - A/Prof Yong Keng Kwang, Chief Wellness Officer, National Healthcare Group - A/Prof Mabel Yap, Director, Ministry of Health - Dr Maleena Suppiah Cavert, Chief Wellness Officer, National University Health System - Dr Andrew Epaphroditus Tay, Director (Health & Wellbeing), National University of Singapore</p>						
1130h	1215h	Working on Wellbeing: From Crisis to Opportunity by A/Prof Habeebul Rahman Senior Consultant, Tan Tock Seng Hospital						
1215h	1315h	Lunch @ Auditorium Foyer and outside L1S4						
1315h	1340h	Workplace Wellbeing in Organisations by Dr Melvin Seng Occupational Health Physician, Google						
1340h	1400h	How McDonald's Supports Family Mental Wellness by Mr Benjamin Boh, Managing Director, McDonald's Singapore						
Venue		<p align="center">Parallel Sessions: Workshops focusing on • Novel Interventions to improve Mental Wellness (NI) • Fostering a Well-being Work Culture (FWC)</p>						
		Auditorium	L1-S1	L1-S2	L1-S3	L1-S4	L2-T2	L3 Atrium (Garden)
1400h	1425h	Project APEX by COL Eugene Ng Yu Jing Republic of Singapore Air Force	(NI) Nagomi Painting Session 1 (40 Pax)	(NI) Music Therapy Session 1 (20 pax)	(FWC) Wild Resilience Session 1 (32 Pax)	(NI) Aromatherapy Session 1 (20 Pax)	(NI) VR Mindfulness Workshop by SIMS Session 1 (6pax)	
1425h	1500h	<p align="center">Panel Discussion with Industry Experts</p> <p align="center">Panelists: - Mr Benjamin Boh, Managing Director, McDonald's Singapore - COL Eugene Ng Yu Jing Republic of Singapore Air Force</p> <p align="center">Panel moderator: A/Prof Jai Rao, National Neuroscience Institute</p>					(NI) VR Mindfulness Workshop by SIMS Session 2 (6pax)	
1500h	1530h	Tea Break	Tea Break					
1530h	1600h	Mindful Leadership - Antidotes to Toxicity by A/Prof Michael Jenkins Lead Facilitator, Social Innovation Park	Tea Break	(NI) Music Therapy Session 2 (20 pax)	(FWC) Wild Resilience Session 2 (32 Pax)	(NI) Aromatherapy Session 2 (20 Pax)	(NI) VR Mindfulness Workshop by SIMS Session 3 (6pax)	
1600h	1630h		(1600h to 1730h)				(NI) VR Mindfulness Workshop by SIMS Session 4 (6pax)	
1630h	1700h		(NI) Nagomi Painting Session 2 (40 Pax)					(NI) VR Mindfulness Workshop by SIMS Session 5 (6pax)
1700h	1730h							