

My journey with social and community work begin from a young age through schools, church, family and subsequently in professional work. In recent years, I have been supporting Over-The-Rainbow (www.overtherainbow.sg) mental wellness work in marketing & outreach activities, co-develop and managing youth-centric projects- i.e. Youth Matters (supported by NYC). I am also currently serving as the Honorary Secretary for Transactional Analysis Association Singapore's executive committee (2020/22). "The primary objective of TAA is to keep the many TA practitioners in Singapore on par with the latest advances in TA theory and practice, and to encourage members to practice TA in their interpersonal relations at home, at school and at work." - TAAS

Prior to pursuing MA Counselling in 2017, I first obtained a Diploma in Counselling in 2015 and in the same year served as the Executive Director of Singapore Creations ETC (SG Creations). Managing and marrying the arts, community and mental wellness, to much success. A non-profit arts organisation, it provided free artistic platforms for young people 6 to 21 years old. Its mission of using arts as a tool, beyond artistic self-expression also focused on mental wellness and personal transformation for participants. In my tenure, creations' projects served over 300 participants and engaged thousands of audience members (view projects). My ability to bridge and deliver impactful services involved securing corporate and government support, alongside working closely with other non-profits, charities and government agencies, in both arts and mental health sectors since 2010.

For over a decade, I was a Marketing & PR, Event & Talent management professional in various people-related industries from hospitality, realty, arts, entertainment to education. My engagements were often in multicultural and multi-nationalities setting with corporate experiences from both local and international organisations. I started my first company managing events & talents in 2007 and was founding member of other new businesses providing arts, entertainment and education services.

Above all, my most fulfilling life roles along with being a help professional, is being a mother, wife, daughter, sister, aunt, friend (etc!)...

Immeasurable are the gifts of love and support
Be kind to yourself and allow support
In giving, we too, receive.

There is gratitude for each day.
