

CHI FLYING Pre-Summit Programme: 19 September 2025 (Friday)

Step into the future of health and social integration and innovation at our dynamic Pre-Summit programme. Through carefully curated site visits, interactive sessions, and networking opportunities, participants will gain valuable insights into Singapore's integrated health and social care ecosystem.	
Time (SGT)	**Programme**
8.00am – 9.00am	**Arrival and Registration (Networking Breakfast)** *(Participants to be seated by 8.50am)*
9.00am – 9.15am	**Energiser Activity**
9.15am – 11.45am	**"Movement Building for Impact: From Spark to Systemic Change"** ***Speaker:*** ***Prof Hahrie Han,*** *Professor and Director,* ***Stavros Niarchos Foundation*** ***SNF Agora Institute*** ***John Hopkins University*** ***Co-Facilitator:*** ***Dr Chen Wei Ting*** *Clinical Director, Population Health* ***NHG Health*** Are you ready to reimagine healthcare as a social movement? Join the future leaders in an intensive workshop that challenges the traditional boundaries of health system change. In today's interconnected world, health transformation doesn't happen in isolation—it thrives on social connections, shared purpose, and collective action. This hands-on workshop will equip you with practical tools to build and lead movements that create lasting health system change. You'll tackle real-world scenarios that demonstrate how social movements can transform healthcare delivery, community health, and population outcomes. Learn how to: • Craft compelling narratives that unite diverse stakeholders around a shared vision for better health



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- Map and activate powerful networks that can drive change from within and outside the system
- Convert passive supporters into active champions for health innovation
- Build sustainable coalitions that transcend traditional healthcare boundaries

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<tr><td>11.45am – 12.45pm</td><td>Networking Lunch</td></tr>
<tr><td>12.45pm – 1.30pm</td><td>Travel Time to Partner Sites</td></tr>
<tr><td>1.30pm – 4.00pm</td><td>

Partner Sites Programme

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<tr><th>Site A: Kampung Admiralty</th><th>Site B: Bold At Work</th><th>Site C: EQUAL</th></tr>
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<td>This learning journey offers an inside look at how NTUC Health fulfils its purpose of Health for Life: Enabling healthy and fulfilling years. Participants will explore our suite of eldercare services, designed to support both frail and well seniors in leading active, purposeful lives.

The tour of NTUC Health Active Ageing Centre (Care) at Kampung Admiralty showcases a unique model where Active Ageing programmes, Senior Gym, and Senior Day Care are co-located to provide integrated care and convenience. Visitors will also experience hands-on activity with our seniors, view our functional fitness and rehab facilities, and tour the ADL showroom.

This journey highlights how we empower seniors with choice, independence and purpose, while promoting social engagement within the community.</td>
<td>The Sensing Journey is a design thinking experience designed by Bold At Work—where participants get to take on the role of designers on an investigative inquiry trail, practising the core tools of empathy, observation, and inquiry.

Through interacting with personas representing three generations in a family, participants immerse themselves in real-world environments to surface insights on the lived experiences around everyday topics such as caregiving, food choices, and mental wellbeing.

Walk the path from polyclinics to hawker centres and everyday community spaces, to dig deeper into how they interact with one another and the environments that they are in.</td>
<td>Leadership Lessons You Can't Learn in Any Classroom

Singapore's only equine-assisted learning programme reveals how you truly show up as a leader. Horses respond not to titles or credentials, but to your authentic presence—mirroring your stress, confidence, and communication style in real time.

Ideal for emerging leaders seeking honest insights into their leadership styles. No theory, no role-play—just authentic moments of discovery.

One session. Real insights. Discover why corporations and universities use equine-assisted learning to build authentic leadership.</td>
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4.00pm – 4.30pm	**Reflections and End of Programme**



CHI FLYING Summit Day Programme: 20 September 2025 (Saturday)

Join the revolution that's redefining healthcare! At this inaugural electrifying Summit, we're bringing to life a powerful truth: "Health IS Social" and health challenges cannot be solved in isolation. Get ready for an action-packed day where future leaders like you will break traditional healthcare boundaries and forge new paths to impact.	
Time (SGT)	**Programme**
8.00am – 9.00am	**Arrival and Registration**
9.00am – 9.05am	**Welcome by Organisers** ***George Glass*** ***Lead of CHI FLYING***
9.05am – 9.20am	**Welcome Address by Guest-of-Honour and Launch of Summit** ***David Hoe*** ***Advisor to Clementi, Jurong East-Bukit Batok GRC***
9.20am – 10.00am	**Opening Activity** ***Facilitator:*** ***Dr. Douglas O'Loughlin,*** *Principal,* ***The Dao of Thriving and*** *Associate Consultant,* ***Civil Service College (CSC) Singapore***
10am – 10.30am	**Morning Tea Break**
10.30am – 12pm	**Ground-Up Singapore: Reimagining Health Together** Dive into Singapore's approach to pressing health and social challenges through this interactive segment, engaging with innovative leaders who are tackling issues like senior loneliness, youth mental health, community building, and population health in the local context. Moving beyond traditional presentations, this segment embraces unconference elements where participants actively shape the conversation through solution labs, experience sharing, and collaborative discussions. Join fellow participants in



	reimagining possibilities and forging meaningful connections as we work together to create lasting social impact. Choose one from nine dynamic sessions led by our own young leaders, exploring innovative approaches in reducing senior loneliness, building supportive communities, improving youth mental/social health, and population health. **"Small Ask, Big Impact: How Community Roles Transform Youth Mental Wellbeing"** ***Speaker:*** ***Keeshan Menon,*** *Deputy Head,* ***Allkin Singapore*** **"Mental Health Services, Are You Youth-Friendly?"** ***Speaker:*** ***Eric Sng,*** *Director, Mental Health Group,* ***SHINE Children and Youth Services*** **"Harnessing the Power of Circles"** ***Speaker:*** ***Sherman Ho,*** *Co-Founder,* ***Happiness Initiative*** **"From Insight to Impact: Designing Holistic Programmes for Seniors"** ***Speaker:*** ***Siti Zubaidah Binte Yusoff,*** *Deputy Director (Special Projects),* ***SATA CommHealth*** **"Building Strength and Connection in our Neighbourhoods"** ***Speaker:*** ***Gracie Ngoi,*** *Senior Manager, Community Relations,* ***Yong-en Care Centre*** **"Stemming The Tide of The Kidney Tsunami"** ***Speaker:*** ***Serene Mai,*** *Deputy Head, Corporate Communications & Outreach,* ***The National Kidney Foundation***



	"Small Changes, Big Impact: Behavioural Ideas for Community Programmes" ***Speaker:*** ***Khairul Mohd Khair,*** *Head of People & Organisational Development,* ***Stroke Support Station (S3)*** **"Inside the Shadows"** ***Speaker:*** ***Benjamin Yeo,*** *Lead Social Worker, Assistant Director, Youth Services (Head),* ***Fei Yue Community Services*** **"Roving Community Innovation Lab"** ***Speaker:*** ***Dr Justin Lee,*** *Senior Research Fellow, Institute of Policy Studies,* ***Lee Kuan Yew School of Public Policy***
12pm – 1.30pm	**Networking Lunch**
1.30pm – 3.30pm	**Healthcare X: Driving Healthcare of Tomorrow** Join us in shaping the future of health and social care through an innovative Futures Thinking workshop, led by the Lee Kuan Yew School of Public Policy (LKYSPP) in partnership with the National Youth Council (NYC). During this dynamic workshop, emerging youth leaders will analyse the current healthcare landscape and craft a shared vision through interactive learning activities and group discussions. Participants will gain practical tools to tackle complex challenges and consider diverse perspectives in charting Singapore's healthcare future. Working along fellow leaders, you'll design tomorrow's ideal healthcare system for your envisioned future.
3.30pm – 4pm	**Afternoon Tea Break**
4pm – 5pm	**One Third of Humanity: Transforming Health Across the Commonwealth** ***Moderator:*** ***Prof Jonathon Gray*** *Director* ***Commonwealth Leadership Institute*** Gifted by the Hillary family, 'Ed talks' embody the pioneering spirit of Sir Edmund Hillary—a legacy of courage, determination, and transformative change. In this special session, three remarkable emerging leaders who will share their



	extraordinary journeys through these powerful 10-minute narratives that capture the essence of resilience, innovation, and transformation in healthcare. Join us as we explore how the Commonwealth's next generation of leaders is turning local challenges into global solutions, touching the lives of 2.5 billion people across our shared family of nations. Together, we'll reimagine what's possible when we combine diverse perspectives, unwavering determination, and innovative thinking to transform health across one-third of humanity. ***Speakers:*** ***Dr Sabrina Lau*** *Consultant Geriatrician* ***Tan Tock Seng Hospital*** *Singapore* ***Khoo Yi Feng*** Mental Health Guy & Chevening Alumni Singapore ***Eileen Goh*** *Co-Lead* ***Alliance for Active Action Against HPV (A4HPV)***
5pm – 5.30pm	**Closing Plenary "From Voice to Power: Young Leaders Driving Systemic Change"** ***Speaker:*** ***Prof Hahrie Han,*** *Professor and Director,* ***Stavros Niarchos Foundation*** ***SNF Agora Institute*** ***John Hopkins University*** Join us for a defining moment as Singapore's brightest young health leaders converge to reshape the future of care. This isn't just a closing session—it's the launch pad for transformative change in our healthcare landscape. Whether you're revolutionising hospital care, pioneering community health, or crafting policy that touches millions, this is where inspiration meets impact. Because in Singapore's next chapter of healthcare, change isn't driven by institutions alone—it's powered by connected communities and bold leaders like you.



	This isn't the end of a summit—it's the beginning of your journey to create lasting change. Together, we'll forge the roadmap for a healthcare system that's more connected, more compassionate, and more effective than ever before. Don't miss your chance to be part of Singapore's next healthcare revolution.

Updated as of 15 September 2025.