

20th Anniversary

AAPMEC 2023

ASIA PACIFIC MEDICAL EDUCATION CONFERENCE



Dr Mabel Yap is currently the Director of Professional Training and Assessment Standards (PTAS) Division at the Ministry of Health (MOH). She is responsible for overseeing the training and assessment standards for healthcare professionals, from undergraduate to postgraduate levels. Additionally, she holds the position of Adjunct Associate Professor at both Duke-NUS and NUHS.

Aside from her medical and academic qualifications, Dr Yap is also a trained teacher in several Mindfulness-based interventions [Mindfulness-based Stress Reduction (MBSR), Mindful Self Compassion (MSC), Mindfulness-based Cognitive Therapy (MBCT-L)] and yoga. She has a keen interest in promoting wellness among healthcare professionals.

The workshop on Managing Stress with Mindfulness is an experiential workshop to explore and learn about mindfulness-based techniques to meet stress and difficult emotions in daily life.

MINDFULNESS WORKSHOP WITH A/PROF MABEL YAP

Topic: Managing Stress with Mindfulness

Date: 26th May 2023, Friday

Time: 1.00pm – 2.00pm

Venue: UCC Function Room 1, Level 1

*** LIMITED SLOTS AVAILABLE! ***

Maximum capacity: 30 pax

No reservation is required. Entry is on First Come First Served basis.