



**A/Prof. Tan Chay Hoon**

*MBBS (Singapore); MMED (Psy); MMedEd (Dundee), PhD (Pharmacology)*

*Senior Consultant psychiatrist, National University Hospital, National University Health System, Singapore*

Dr Tan, Honorary fellow, Associate Professor in Department of Pharmacology, National University of Singapore (NUS) and Senior Consultant Psychiatrist, National University Hospital. She has been clinician and teaching pharmacology for the last 38 years. She served on the Educational Task Force of Yong Loo Lin School of Medicine, on Curriculum Review as well as faculty Professional Development and coordinates the Mentoring Program. She is a Member of the Centre for Medical Education (CenMED) and is a certified coach in mentoring students and young faculty in NUSMed, actively involved in students and faculty wellbeing.

She is the immediate past president of Asian College of Neuropsychopharmacology

(AsCNP) and founder of psychopharmacological Research in Asia

([https://reap.asia/index\\_en.html](https://reap.asia/index_en.html)). Dr Tan has published more than 300 papers, chapters, abstracts, and edited 4 books in addition to having delivered and conducted over 100 refereed presentations, invited lectures, seminars and workshops.



**A/Prof. Attilio Rapisarda**

*PsyD, PhD, BICBT-CC*

*Sr Clinical Psychologist and Assistant Professor at IMH and Duke-NUS Medical School*

Dr. Attilio is a psychologist and neuroscientist currently serving as a Sr. Clinical Psychologist with the Department of Mood and Anxiety of the Institute of Mental Health. He specialises in the psychotherapy of anxiety and depression. He also provides clinical supervision to psychiatry residents. He is also an Assistant Professor at Duke-NUS Medical School, where he has

directed the "Brain and Behaviour" course for first-year medical students and served in a counselling role for the MD and PhD programs. Currently, he helps with the development of the MD curriculum.

Before joining the Department of Mood and Anxiety, Dr. Attilio was based at the IMH Research Division, where he developed his research interests in schizophrenia and the impact of early experiences and parenting on psychiatric disorders through epigenetics.



**Dr. Darren Chua Hsiang Lim**

*Certified Behavioural & Career Consultant, MSc, M.B.B.S*

*Potter's Clay Education (Founder), Mindset Transformation Clinic Pte Ltd (Founder, Managing Director).*

Dr Darren Chua is a thought-leader in the area of human development, leadership and mindset transformation. Dr Darren graduated from the University of Singapore (NUS) with a medical degree (MBBS) at the age 24 years-old in the year 2000. His goal, then, was to complete his houseman and continue his medical career towards neurosurgery. Unfortunately, in that very same year, he suffered a near-fatal stroke that left him half paralyzed over the right side of his body, unable to articulate and unable to see his right visual field.

Thankfully, his cognitive strength was left intact. Hence, he was still determined to pursue his journey towards doctoring. Yet, after 3 years of intense rehabilitation, he was still not allowed to continue his practice because at that time, he was still not very mobile, and the concern was that he may not be able to respond to emergencies should there be any in the hospital. Nevertheless, he decided to continue his job as a healthcare administrator only to realise his strength was not behind a desktop but towards direct interaction with people who he can impact. After finishing his MSc, he started Potter's Clay Education which was the first to offer a complete refund if students do not score an A1 or A2 for their O-Levels in Science and Math subjects. Subsequently he started Mindset Transformation Clinic where he trains adults on mindset shifts to help people attain peak performance at work and in life. Believing in his personal motto of "Disability is only in the mind", he went on to be a para-athlete and won a Gold for Singapore at the 2015 ASEAN Games in the sport of wheelchair table-tennis. Also, he completed a full Spartan Race. He gives back to the community by volunteering his time as a Board member in a few NGOs' and being an ambassador to people with disability.

He has also received multiple awards for his contribution back to society notably, Best Executive Coach, Leader of Heads and Hearts, Successful Entrepreneur, Young Outstanding Singaporean and the Goh Chok Tong Enable Award. Dr Darren has always served as a role model to inspire people from all walks of life. He "walks the walk" to continuously preserve in whatever endeavour

that he sets out to do. Dr Darren has inspired many to do more and to overcome their mindset to grow more beyond their disabilities.... LIMITLESS!

Dr Darren is a life-long learner and has always picked up new skills and apply them in various settings. As an international inspiration speaker, he uses adult learning strategies for mindset training and his attendees are inspired and rewarded by his intense knowledge on how to better improve themselves. By sharing his training methodology, he has also built a strong community of "overcomers". Dr Darren has written two books - "The Art of Determination" and "Prisoner of Hope" and they have touched the lives of countless readers. As a whole, Dr Darren has achieved a lot in his life, and this is exemplary to others whose lives he has touched over the years. He has a strong social media presence, and he is a prominent influencer and advocate that we all can live powerful lives.



**Michelle Koay**

*Counsellor | Psychotherapist | Parent Coach | Mindfulness Meditation Teacher  
BEng(Hons), MSocSc(Counselling), MSc(Psychology & Neuroscience of Mental Health),  
RegClr, RegClinSup, MMSAC*

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Michelle Koay is a registered counsellor and clinical supervisor with the Singapore Association for Counselling (SAC). Her post-graduate qualifications include Master’s in Social Science (Counselling) with Edith Cowan University and Master of Science in Psychology & Neuroscience of Mental Health with King’s College London. In addition, she is a mindfulness meditation teacher, parent coach and trained in the Gottman Method Couples Therapy. Michelle has almost two decades of counselling experience in the military, academic institutions and various private organisations. She provides individual and group counselling for those with presenting problems like adjustment in the military, career concerns, depression and anxiety, friendship issues, bullying, marital problems, conflicts between parent-child, self-harm behaviours, problematic eating behaviours, problematic device use, academic stress and so on. Michelle is a well sought-after speaker and has presented at TedxYouth@Singapore, several radio programmes, local and overseas conferences, and various mental health-related events. She also conducts workshops for students, parents, couples and working professionals.