



**A/Prof James Yip**

Associate Professor James Yip is presently the Executive Director of National University Heart Centre, Singapore (NUHCS); Senior Consultant in Department of Cardiology, National University Heart Centre, Singapore. He graduated from the Yong Loo Lin School of Medicine, National University of Singapore in 1991 and has been a Fellow of the Academy of Medicine Singapore since 2001. He was trained in adult cardiology at the National University Hospital, Singapore from 1995 to 2001, and was a clinical fellow at Toronto Congenital Cardiac Centre for Adults from 2001 to 2002, where he trained in Adult Congenital Heart disease and pulmonary hypertension. He developed the Cardiology Information System which is in use in 4 public hospitals in Singapore.

He has been the Principle Investigator for many international trials in pulmonary hypertension and was in charge of developing the structural heart disease program in NUHS from 2003-2017. He has 4 patents on occlusion devices for closing anatomic cardiac defects and has contributed to numerous peer reviewed journals and 3 book chapters in cardiology and information technology. He has been conferred the Public Administration Medal (Bronze) in 2018 and the Distinguished Senior Clinician Award in 2019. He is also the current Director Designate of the National University Heart Centre, Singapore.

Prof Yip is a proponent of the coaching model, having being receiving professional leadership coaching before. Strong belief in the principle that the patient has a role in their own wellbeing and healthcare, right siting is the way to move forward using health coaching as a catalyst for good self-care and healthy ageing. Prof Yip is the visionary that paved the way for health coaching to be established in NUHS and strongly believes that this can be done in the community as well.



**Margaret Choong**

Ms. Margaret Choong is a Registered Nurse by training and experience and is currently the manager of the Health Coaching service in NUHCS. She graduated from The School of Nursing in 1993 and University of Sydney Bachelor of Health Science in Nursing course in 2006. She is a practicing health coach and leads a team within the National University Health System (NUHS) that provides the same service to heart patients and patients with other chronic conditions. She also manages the Telehealth Blood pressure monitoring service as well as the self-testing and self-management of warfarin therapy services in the hospital. With over 30 years of experience in the healthcare related field, she is well postured to teach and mentor those who are keen to learn the art of coaching. She has had training as a life coach as well as a health coach and is passionate to see individuals living out their lives to the fullest.

She has had experiences in other health service-related activities such as Clinical research co-ordination and management as well as lecturing and engaged as an invited speaker in health-related courses and seminars.



**Sui Hui Ching**

Ms. Hui Ching is a certified professional health coach with over 100+ hours of coaching experience within the National University Health System (NUHS). She has experience working with a wide variety of patients in both hospital and community settings. She graduated from Nanyang Technological University (NTU) with a Bachelor of Arts in Psychology with Honours (Distinction). She has a keen interest in mental health, and has volunteered and worked at the Institute of Mental Health (IMH). Through health coaching, she strives to empower others to improve their health and wellbeing.



**Harjit Kaur**

Ms. Harjit is a Registered Nurse by training and has worked in healthcare for 8 years. She is a certified health coach in the National University Health System (NUHS). She is also a part of the Telehealth blood pressure monitoring service at National University Heart Centre Singapore (NUHCS). She has extensive experience working with people in various sectors both in Singapore and overseas. She is passionate about motivating and empowering others to take charge of their lives and helps to support people on their journey towards better health.



**Clement Lim**

Mr. Clement Lim is a certified health coach that has rich experience coaching patients at the National University Health System (NUHS). He has always strived to build strong rapport with patients, both within community and NUH, motivating them to achieve improved healthy lifestyle and well-being. Currently, he is also coordinating various programs seasonally that promotes health coaching among healthcare support communities. Mr. Clement had graduated with a Diploma in Biotechnology and has been involve in teaching/coaching since then. He also takes interest in sports science and nutrition since joining NUH as a health coach.