



Symposium on
Resilience
in **L**  **fe**

19 October 2024 | 9am to 5pm


Kong Meng San Phor Kark See Monastery,
Venerable Hong Choon Memorial Hall,
Hall of No Form



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Symposium on
Resilience
in **Life**




Dear Venerable Sangha members and friends in the Dharma,

Welcome to the Symposium on Resilience in Life 2024.

Having a well, happy and spiritually enriching life is our fundamental goal. In today's fast-paced, highly volatile and uncertain environment, one's ability to remain resilient is getting more crucial than ever. This symposium aims to explore how Buddhist teachings can render relevant perspectives with practical tools to engage challenges effectively while enhancing our mental well-being and spiritual practices.

We are indeed honoured and blessed to have a panel of esteemed speakers – distinguished Venerable Sangha members, academics, business leaders, healthcare professionals – to share their insights on cultivating resilience, from applying Buddhist teachings in workplace and business for men and women, to caring for elders, the younger generations and also for ourselves while concurrently having different roles and responsibilities under various conditions. Through this content spectrum, we strive to value-add to participants' resilient mindset and skillset.

A person wearing a red cap and a dark jacket is crouching on the peak of a large, light-colored rock. They are looking out over a vast, misty valley at sunrise. The sky is filled with soft, colorful clouds in shades of blue, purple, and orange. The sun is low on the horizon, creating a warm, golden glow over the landscape. The valley below is filled with mist, and the outlines of trees and hills are visible in the distance.

As we learn and reflect together, we hope this symposium will inspire you to:

- Discover new ways to apply timeless Buddhist wisdom to modern challenges
- Gain practical techniques for enhancing personal resilience
- Connect with communities of like-minded individuals on a shared journey of growth and goal

By fostering greater resilience within ourselves and our society, we can work towards building a more compassionate, inclusive and harmonious world for all.

We wish you a thought-provoking and enriching experience at the symposium. May the insights you gain here support you in cultivating lasting resilience and inner peace.



KONG MENG SAN PHOR KARK SEE MONASTERY

Kong Meng San Phor Kark See Monastery (KMSPKS) is a spiritual sanctuary in urban Singapore where one can learn the Buddha's teachings of wisdom and compassion; practise mindfulness; develop gratitude and bring happiness to all.

Founded in 1921, KMSPKS is one of the first traditional Chinese forest monasteries in Singapore. Today, the monastery sits on 75,470 square metres – equivalent to the size of almost 11 football fields – and is one of the most significant and renowned monasteries in Southeast Asia. Over the years, we have grown dynamically in Dharma propagation, community involvement and religious harmony efforts. Today, we are a community of Buddhists who come together to learn, practise and share the teachings of the Buddha.

Central to KMSPKS's mission is its Counselling & Social Services team, which offers counselling and casework management services to all, regardless of race, religion, gender, or age. With an ethos of empathetic and non-judgmental listening, the team collaborates with individuals to raise self-awareness, unlock potential and provide support through talk-therapies. Additionally, they facilitate access to resources that aid in personal growth and well-being.



INSTITUTE OF CHINESE BUDDHISM

Chinese Buddhism indeed embraces the Buddha's infinite wisdom and profound Dharma. Through the diligent efforts of preservation and propagation by the lineage of accomplished gurus and great masters, integrating the Chinese cultures and traditions, the sacred teachings and skilful practices of Chinese Buddhism have been continually discharging its unique extraordinary spiritual value.

It was realised that many English speaking groups in Singapore and Southeast Asia face language barriers when learning and practising Chinese Buddhism. With no differentiation to the three Buddhist traditions, the Institute of Chinese Buddhism was founded as a learning platform (in English) to help learners cope with such challenges. We humbly invite eminent venerable Sangha members and distinguished scholars from all over the world to teach Chinese Buddhism in English. Through a series of structured and yet customisable course arrangements, we strive to apply the wisdom gained through the learning by integrating them into modern daily life. The ultimate goal is to enable all to truly benefit from the Buddhist Teachings and attain Liberation as soon as possible!



THE LION'S ROAR

The Lion's Roar is the English Dharma Propagation Service of the Singapore Buddhist Federation. Its name epitomises the unsurpassed and marvellous qualities and spiritual majesty of the Buddha and his teachings, the Dharma, which he discovered and taught out of compassion and love for the welfare and happiness of divine and human beings.

Launched on 25 March 2012, The Lion's Roar introduced its Sunday Morning Service in English, aiming to impart and share the Dharma through the guidance of both Sangha and lay teachers and practitioners. This service is dedicated to promote and share the Dharma, contributing to one's mental and material well-being, harmony and progress.

PROGRAMME SCHEDULE

| Time | Topic | Speaker |
|------------------|---|---|
| 9am to 11am | Keynote Address: Applying Buddhist Teachings to Attain Resilience in Life | Ajahn Brahm Abbot, Bodhinyana Monastery |
| | Q&A Session (https://tinyurl.com/resilience-qna) | |
| | A Short Practice on Meditation and Reflection | Venerable Kwang Sheng Abbot, Kong Meng San Phor Kark See Monastery and Founder, Buddhist College of Singapore |
| 11am to Noon | Lunch | |
| Noon to 2.30pm | Experiences in Helping Executives Through Coaching and Mentoring | Dr. Choo Chiau Beng Patron, Brahm Centre |
| | Managing Business Effectively Through Resilience | Ms. Koh Soo Boon Founder & Managing Partner, iGlobe Partners |
| | The Relevance and Benefits of Buddhist Teachings and Practices in Our Lives | Dr. Lee Foong Ming Assistant Professor, Buddhist College of Singapore |
| | Panel Discussion (https://tinyurl.com/resiliencepd-1) | |
| 2.30pm to 2.45pm | Interval | |
| 2.45pm to 5pm | Applying the Buddha's Teachings in Caring for Our Elders | Dr Ng Wai Chong Founder-CEO, NWC Longevity Practice |
| | Challenges and Practical Approaches in Helping Students, Parents and Acquaintances Develop Mental Resilience | Dr. Elsa Lau Ngar Sze Senior Lecturer, Chinese University of Hong Kong |
| | Panel Discussion (https://tinyurl.com/resiliencepd-2) | |
| | Reminiscence of Buddhism in Cultivating Mental Resilience | Venerable Chuan Sheng Vice Rector / Associate Professor, Buddhist College of Singapore |

TOPIC SYNOPSIS



Ajahn Brahm

Abbot, Bodhinyana Monastery

Applying Buddhist Teachings to Attain Resilience in Life

The teachings expounded by Sakyamuni Buddha encompass universal truths that transcend time and space, remaining perpetually relevant, applicable and beneficial to all beings.

Amid volatilities and uncertainties, it is essential for us to remain resilient in continuing our successes. Ajahn Brahm will share his insights on how Buddhist teachings can be applied in various life stages. He will also discuss how Buddhist communities can value-add each other's lives contributing to a meaningful and enriching life journey.



Venerable Kwang Sheng

Abbot, Kong Meng San
Phor Kark See Monastery and Founder,
Buddhist College of Singapore

A Short Practice on Meditation and Reflection

Venerable Kwang Sheng will guide you through a meditation session designed to enhance mental clarity, rejuvenate your energy, refocus your mind and cultivate a deep sense of well-being within you. As the backbone of Buddhism, meditation serves as a pathway to inner peace and self-discovery. This practice session will guide participants through key meditation techniques and offer reflections on integrating these practices into daily life.

TOPIC SYNOPSIS



Dr. Choo Chiau Beng
Patron, Brahm Centre

Experiences in Helping Executives Through Coaching and Mentoring

Dr. Choo Chiau Beng, with his successful, rewarding and meaningful life, has provided valuable insights and wisdom to numerous executives and businesses, helping them attain their goals. He will share his life journey, detailing how he overcame issues and challenges. Additionally, he will discuss his approach to coaching and mentoring executives, focusing on maintaining mental resilience, and thriving amid challenging times.



Ms. Koh Soo Boon

Founder & Managing Partner,
iGlobe Partners

Managing Business Effectively Through Resilience

Professionals leading business ventures and start-ups certainly face many issues and challenges. In particular, women professionals may encounter different obstacles compared to their male counterparts. How can women professionals cultivate and exercise their mental resilience to overcome such matters and achieve success?

In this session, business ventures and start-ups can explore the various avenues to benefit from. Additionally, participants can gain valuable insights from case studies and learning experiences shared by Ms. Koh Soo Boon. These sessions will demonstrate how to apply business ethics and basic Buddhist teachings in their professional roles.

TOPIC SYNOPSIS



Dr. Lee Foong Ming

Assistant Professor,
Buddhist College of Singapore

The Relevance and Benefits of Buddhist Teachings and Practices in Our Lives

Everyone yearns for happiness and success. Buddhism has been criticised as being too impersonal and self-reliant, hence Buddhists have no recourse to blessings from divine powers to help soften the blows of failure in their pursuit of happiness and success. In this segment, drawing from the sharing by the preceding speakers and the Buddha's teaching on blessings, Dr. Lee discusses this criticism to help participants connect with the teachings and practices of Buddha-dharma for a solid grounding in the vicissitudes of life.



Dr Ng Wai Chong
Founder-CEO,
NWC Longevity Practice

Applying the Buddha's Teachings in Caring for Our Elders

As humans, we were born to care. We grow up with the care and support of our parents, who tend to our needs and help us navigate the world, allowing us to become confident.

With time, those who cared for us will age and become less independent, requiring our support. Impermanence (*anicca*) is a reality that none can escape. In these times of helplessness, where is our source of strength and composure?

This session will explore our roles and practice as "Spiritual Friends" and "Care Partners" for our elders in life. Drawing from the Upaddha Sutta, we remember that the Buddha corrected Venerable Ananda and proclaimed that Spiritual Friendship is the whole of the holy life.

TOPIC SYNOPSIS



Dr. Elsa Lau Ngar Sze

Senior Lecturer,
Chinese University of Hong Kong

Challenges and Practical Approaches in Helping Students, Parents and Acquaintances Develop Mental Resilience

Dr. Lau will discuss the general types and causes of problems, issues, mental pressures and challenges faced by students and parents. She will help identify and recognise areas that one needs help with. She will highlight ways for students and parents to seek help, including the Do's and Don'ts when providing support and the application of Buddha-dharma. She will also share case studies and learning experiences on cultivating and practising mental resilience.



Venerable Chuan Sheng
Vice Rector / Associate Professor,
Buddhist College of Singapore

Reminiscence of Buddhism in Cultivating Mental Resilience

The Buddha's timeless and beautiful teachings foster well-being and happiness for people around the world, both past and present. In this segment, participants will gain a better understanding how to embrace and apply these teachings to enhance mental resilience and wellness, nourishing their lives with joy and clarity.

SPEAKERS



Ajahn Brahm

Abbot, Bodhinyana Monastery

Ajahn Brahmavamso Mahathera, popularly known as Ajahn Brahm, is a well-known Buddhist teacher to a growing international audience keen to learn meditation and develop a deeper spiritual understanding.

A Theoretical Physics graduate from Cambridge University, Ajahn Brahm was ordained as a Theravada monk in Bangkok at the age of 23 by the Abbot of Wat Saket and trained with Ajahn Chah Bodhinyana Mahathera.

Ajahn Brahm has spent more than 49 years in the forest-meditation tradition and is the Abbot of Bodhinyana Monastery in Western Australia with 24 monks under his training.

He is also the Spiritual Patron of Buddhist Fellowship Singapore and the author of several popular book titles and best sellers — such as “Opening the Door of Your Heart”, “Happiness Through Meditation” and more.



Venerable Kwang Sheng

Abbot, Kong Meng San Phor Kark See
Monastery and Founder,
Buddhist College of Singapore

Venerable Kwang Sheng is the sixth and current abbot of Kong Meng San Phor Kark See Monastery (KMSPKS). He was ordained in 1980 under the highly respected then-abbot of KMSPKS, Venerable Hong Choon. Following his ordination, he studied and practised in various countries, including Taiwan, Myanmar, Thailand, Japan and Korea. He spent three years in Songgwangsa, located in South Korea, practising Zen meditation.

SPEAKERS



Venerable Chuan Sheng

Vice Rector / Associate Professor,
Buddhist College of Singapore

Venerable Chuan Sheng embodies the perfect blend of scholarly wisdom and spiritual insight.

He holds a BA (Honours) in History from the National University of Singapore (NUS) and a PhD in History and East Asian Languages from Harvard University. With a specialisation in Asian history and East Asian international relations, he dedicated 26 years as an academic staff at NUS before pursuing higher ordination in Taiwan in 2013.



Dr. Choo Chiau Beng

Patron, Brahm Centre

Dr. Choo Chiau Beng joined Keppel as a Graduate Trainee in 1971. He held various positions within Keppel Group and was appointed as Executive Director of Keppel (formerly known as Keppel Corporation) in 1983. He was Chief Executive Officer of Keppel from 2009 to 2013 and was appointed Senior Advisor to the Board after his retirement until end of 2015. He was also a director of Keppel Care Foundation.

Dr. Choo also held various positions including Rector of Residential College 4, NUS, Chairman of the Board of Governors of Raffles Institution, and Chairman of M1 Limited and NRF Holdings Pte Ltd. He was a member of the Board of Trustees of Singapore University of Technology and a Board Member of National Research Foundation.

In 2014, Dr. Choo was appointed by NUS as Provost's Chair and Professor (Practice) in the Department of Civil and Environmental Engineering, Faculty of Engineering and Department of Management and Organisation, NUS Business School.

Dr. Choo was awarded the Colombo Plan Scholarship to study Naval Architecture in the Newcastle University and graduated with a Bachelor of Science (First Class Honours) in 1970, a Master of Science degree in Naval Architecture in 1971 and was conferred Doctor of Civil Law by the University in 2009.

SPEAKERS



Dr. Elsa Lau Ngar Sze

Senior Lecturer,
Chinese University of Hong Kong

Dr. Elsa Lau Ngar Sze is a Senior Lecturer at the Chinese University of Hong Kong, and an affiliated Assistant Professor (part-time) of Department of Buddhist Studies, Fo Guang University. She also served as a secondary school teacher and subject panel of Ethics and Religion, and a lecturer at the Education University of Hong Kong.

Her research interests include transnational contemplative practices in Chinese communities, religious education, spiritual health, mindfulness education, moral and values education, inclusive education and more. Dr. Lau has started projects on mindfulness, mind-body-spirit health. She publishes papers in journals, including *Mindfulness*, *Religions*, *International Journal of Children's Spirituality*, as well as book chapters for Routledge and Bloomsbury Academic.

She has provided professional training for undergraduates, pre-service teachers, and in-service teachers since 2007.



Dr. Lee Foong Ming

Assistant Professor,
Buddhist College of Singapore

Dr. Lee Foong Ming graduated from the National University of Singapore and did her postgraduate studies in Buddhist Studies in the University of Kelaniya, Sri Lanka. She specialised in Sarvastivada Abhidharma and received her PhD degree after seven years of studies.

Dr. Lee has been teaching courses on history of Buddhism and Abhidharma in Buddhist College of Singapore since joining as a full-time staff in 2015. Her academic interests in recent years have also expanded to include interfaith dialogues and Yogacara studies.

SPEAKERS



Dr. Ng Wai Chong

Founder-CEO, NWC Longevity Practice

Dr. Ng Wai Chong is a practising community aged-care physician and the Founder-CEO of NWC Longevity Practice, a social enterprise providing aged care consultancy, training, research, and direct clinical services. Concurrently, Dr. Ng is also the Head, Clinical Development of one of the largest home and community-based health care service providers in Singapore.

He is widely recognised as a thought leader in healthy ageing and caregiving, receiving numerous awards and accolades including the Healthcare Humanity Award in 2016 (The Courage Fund, National Healthcare Group), Global Ageing Influencer in 2018 (Ageing Asia), Minister for Health Award in 2019 (Ministry of Health, Singapore), Agency for Integrated Care's (AIC) Community Care Super-tasking Hero Award 2021, the MSF Volunteer & Partner Award 2022 and more recently the COVID-19 Resilience Medal in 2023.

Dr. Ng is currently consulting for a regional development bank as its Health Specialist, providing technical support for a few developing economies in the development of their community aged care system. He is a member on the Board of Directors for many charities and non-profit organisations including Happee Hearts Movement, Care for the Elderly Foundation and The Compassionate Network, of which he is one of the founders.

Dr. Ng is a Buddhist practitioner and speaker frequently invited to give Dharma talks in a few local Buddhist organisations. He is also the Vice President of Cakkavala Meditation Centre.



Ms. Koh Soo Boon

Founder & Managing Partner,
iGlobe Partners

Ms. Koh Soo Boon, a pioneer in the global venture capital industry, founded iGlobe Partners in 1999 amidst the dawn of venture capital (VC) globalisation. With a focus on technology investments in the United States and Southeast Asia, she consistently delivered top quartile fund returns. Through the ups and downs of business cycles over 25 years, she led iGlobe's portfolios to successful IPOs, showcasing her strong business acumen and unwavering resilience. Recognised as the Founder of Singapore's first female-led VC firm, she was inducted into Singapore's Hall of Fame by President Halimah Yacob in 2022.

Ms. Koh champions board diversity and supports women leaders in tech startups. She is currently an Honorary Council Member of the Singapore Chinese Chamber of Commerce & Industry (SCCCI), having served as the Chairwoman of SCCCI Career Women Group from 2009 to 2019. She is also a member of the International Women's Forum Singapore Chapter and mentors professional women on both private and public boards.



BUDDHIST FELLOWSHIP

Buddhist Fellowship (BF) began in 1988 as the Buddhist Graduate Fellowship (BGF), uniting individuals committed to the Buddhist Path. Today, it holds a respected position within Singapore's Buddhist community, offering diverse secular and spiritual activities, including meditation retreats, Dharma talks, pilgrimages, community work and opportunities for spiritual growth and friendship.

Website: buddhistfellowship.org

Contact information: 6278 0900 | info@buddhistfellowship.org

Social Media

BF YouTube: youtube.com/user/buddhistfellowshipsg

BF Facebook: facebook.com/buddhistfellowship

BF Telegram: t.me/buddhistfellowship

BF Instagram: instagram.com/buddhist_fellowship_sg



DOT CONNECTIONS
GROWTH CENTRE 圆点心宁中心

DOT CONNECTIONS GROWTH CENTRE

Dot Connections Growth Centre is dedicated to promoting Buddhist wisdom and compassion through Dharma education, Buddhist counselling and psychological training. We offer programmes designed to integrate Buddhist principles with modern psychology, fostering holistic mental and emotional well-being and encouraging personal growth, mindfulness and resilience.

Website: dc.org.sg

Contact information: 8501 4365 | connect@dc.org.sg



EXECUTIVE COUNSELLING AND TRAINING ACADEMY (ECTA)

The Executive Counselling and Training Academy (ECTA) is a Private Education Institution (PEI) registered with the Committee for Private Education (CPE). ECTA is dedicated to meeting the learning needs of aspiring professional counsellors by offering post-graduate counselling courses for individuals interested in pursuing a counselling career.

Website: ecta.edu.sg

Contact information: 6346 6411 | info@ecta.edu.sg



KONG MENG SAN PHOR KARK SEE MONASTERY BRIGHT YOUTH

Bright Youth, founded in 2022, is a vibrant community blending timeless Buddhist wisdom with modern approaches to engage and inspire the next generation. Rooted in compassion and connection, we empower youths to unlock their potential through meaningful activities. With our four core pillars, Volunteering, Sports, Dharma, and Music, we nurture friendships, foster self-discovery, and give back to the community. Visit our cosy Bright Youth Centre at Prajna Meditation Hall Level 1 for a space to relax, study, and connect through enriching experiences.

Contact information:

6849 5341 | 9839 6476 (WhatsApp) | youth@kmspks.org

Social Media

BY Instagram: [instagram.com/kms_brightyouth](https://www.instagram.com/kms_brightyouth)

BY Telegram: t.me/KMS_BrightYouth

BOOTHS PARTNERS



KONG MENG SAN PHOR KARK SEE MONASTERY COUNSELLING & SOCIAL SERVICES DEPARTMENT

Established in 2016, Kong Meng San Phor Kark See Monastery Counselling & Social Services Department offers counselling and casework management to all, regardless of race, religion, gender and age. Our empathetic, non-judgmental approach through talk therapy encourages self-awareness and personal growth. To date, we have supported nearly 700 individuals and conducted close to 5,000 counselling sessions.

Website: kmspks.org/services/counselling

Contact information: 6849 5351 | counselling@kmspks.org





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