

INSPIRING THE FUTURE



FEATURE PRESENTATION | 2.00 PM – 3.00 PM

Designing Your Next Chapter(s)

Practical ways to strengthen your wellbeing
and live more intentionally

with Jael Chng

MEET JAEI

Jael Chng is an independent consultant, facilitator and coach who helps leaders, teams and individuals strengthen performance and wellbeing through change and transition. She is a Gallup-Certified Strengths Coach and brings a strengths-based, experiential approach to her work. After a decade building and later selling a career-design company, she is now developing Thrive by Design, a new collection of spaces, tools and programs for living, working and leading with greater intention.

ABOUT THE SESSION

Life rarely follows a single, predictable path. As our priorities and aspirations evolve, we may find ourselves entering several new chapters. In this practical and reflective session, Jael will share useful ways to strengthen our wellbeing, gain greater clarity about what matters and make more intentional choices for the chapters ahead.

EVENT FEES

Member \$12 (early bird – sign up by 28th September 2026)

Member \$15 (wef 29th September 2026)

Former SAAP Member \$60

Guest / Non-member \$70

Closing date for Registration: 5th October 2026

