

## Annex A: Programme Lineup for “Ready for Life” Digital Festival

Saturday, 12 November 2022													
9.30am – 11.45am	<p><b>"Ready for Life" Opening Forum</b> Gain insights from our panel of speakers on how to hedge against uncertainties and live a fulfilling life. Be inspired by their personal stories and shape your own retirement plans.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; text-align: center;">9.30am</td> <td>Introduction of Festival by The Flying Dutchman, Mr Mark van Cuylenburg</td> </tr> <tr> <td style="text-align: center;">9.35am</td> <td>Opening Address by Minister for Manpower, Dr Tan See Leng</td> </tr> <tr> <td style="text-align: center;">9.40am</td> <td><i>The Pursuit of Purpose: Reflections from A Career Banker</i> Fireside chat with Mr Piyush Gupta, CEO, DBS Group</td> </tr> <tr> <td style="text-align: center;">10.10am</td> <td> <p><i>You Only Die Once</i> by Mr Christopher Tan, CEO, Providend</p> <p>We are all familiar with the acronym “YOLO” which stands for “You Only Live Once”. People who believe in this philosophy live like there is no tomorrow. Some of us have also heard of the term “FIRE”, which stands for “Financial Independence Retire Early”. People who have this conviction live like there is always a tomorrow.</p> <p>In this session, Christopher will share how you should and can balance between the 2 philosophies of YOLO and FIRE in your financial planning.</p> </td> </tr> <tr> <td style="text-align: center;">10.25am</td> <td> <p><i>Life’s a Sport! How to Thrive in Life Like a Champion</i> by Mr Edgar K. Tham, Sport &amp; Performance Psychologist of SportPsych Consulting</p> <p>In this sharing by Edgar, learn how to live a full life with lessons drawn from elite sports champions. Get tips on how to develop a winning mindset, build resilience and improve your quality of life to thrive through the ages.</p> </td> </tr> <tr> <td style="text-align: center;">10.40am</td> <td> <p>"Ready for Life" Opening Forum – a panel discussion moderated by Mark van Cuylenburg,</p> <p>Panelists:</p> <ul style="list-style-type: none"> <li>• Mr Tang Lee Huat, Chief Financial Officer, CPF Board</li> <li>• Mr Christopher Tan, Chief Executive Officer, Providend</li> <li>• Mr Edgar K. Tham, Sport &amp; Performance Psychologist of SportPsych Consulting</li> <li>• Ms Ong Bee Yan, sexagenarian Model and co-founder of 1degreeC</li> </ul> </td> </tr> </table>	9.30am	Introduction of Festival by The Flying Dutchman, Mr Mark van Cuylenburg	9.35am	Opening Address by Minister for Manpower, Dr Tan See Leng	9.40am	<i>The Pursuit of Purpose: Reflections from A Career Banker</i> Fireside chat with Mr Piyush Gupta, CEO, DBS Group	10.10am	<p><i>You Only Die Once</i> by Mr Christopher Tan, CEO, Providend</p> <p>We are all familiar with the acronym “YOLO” which stands for “You Only Live Once”. People who believe in this philosophy live like there is no tomorrow. Some of us have also heard of the term “FIRE”, which stands for “Financial Independence Retire Early”. People who have this conviction live like there is always a tomorrow.</p> <p>In this session, Christopher will share how you should and can balance between the 2 philosophies of YOLO and FIRE in your financial planning.</p>	10.25am	<p><i>Life’s a Sport! How to Thrive in Life Like a Champion</i> by Mr Edgar K. Tham, Sport &amp; Performance Psychologist of SportPsych Consulting</p> <p>In this sharing by Edgar, learn how to live a full life with lessons drawn from elite sports champions. Get tips on how to develop a winning mindset, build resilience and improve your quality of life to thrive through the ages.</p>	10.40am	<p>"Ready for Life" Opening Forum – a panel discussion moderated by Mark van Cuylenburg,</p> <p>Panelists:</p> <ul style="list-style-type: none"> <li>• Mr Tang Lee Huat, Chief Financial Officer, CPF Board</li> <li>• Mr Christopher Tan, Chief Executive Officer, Providend</li> <li>• Mr Edgar K. Tham, Sport &amp; Performance Psychologist of SportPsych Consulting</li> <li>• Ms Ong Bee Yan, sexagenarian Model and co-founder of 1degreeC</li> </ul>
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1.00pm – 2.00pm	<p><b>Introduction to Enhancing Wellness through Art Therapy</b> Learn more from Singapore Association for Mental Health on the coping skills to enhance your overall well-being and discover how art therapy can effectively help you to express and process emotions without words.</p>												
2.00pm – 3.00pm	<p><b>Understanding and Managing Your Healthcare Costs</b></p>												

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	Hear from Central Provident Fund Board and Ministry of Health on how MediShield Life and CareShield Life can give you greater peace of mind as you age and what you should consider when getting supplementary coverage.
3.00pm – 4.00pm	<b>Stay Strong with Taekwondo</b> Taekwondo can improve physical fitness, boost mental health and build self-confidence. Watch ILDO Taekwondo Academy’s Master Kim and his 78-year-old student – Ms Lynn Soh demonstrate basic taekwondo movements suitable for all fitness levels and ages.
4.00pm – 5.00pm	<b>The Power of Your Life Stories</b> Pen your life story to find new meaning in life. Guided by a senior counsellor from Tsao Foundation, you reflect on and appreciate moments in your life, and re-energise yourself to move forward with new directions and optimism.
5.00pm – 6.00pm	<b>Make Every Move Count</b> Learn how you can build strength and stay active from home using an Active Health playmat.

**Sunday, 13 November 2022**

9.30am – 10.30am	<p><b>Building Financial Security to Support Your Passions</b>                  Pick up tips on maximising your money to achieve your desired retirement lifestyle. Discover from our CPF volunteers on how you can use your CPF to achieve your financial goals and learn the importance of having a financial security net.</p>
10.30am – 11.30am	<p><b>Doing Our Part for Wildlife</b>                  Learn from Mandai Wildlife Group on what they do to protect wildlife and how you can contribute to wildlife conservation.</p>
11.30am – 12.30pm	<p><b>Making A Difference</b>                  Volunteers from RSVP Singapore and National Library Board and co-founder of Food Bank Singapore will be sharing about their personal journeys and how volunteering has helped them to lead a happier and more purposeful life.</p>
1.30pm – 2.30pm	<p><b>Charting Your Career Path</b>                  Learn from SkillsFuture Singapore and Workforce Singapore on how you can find purpose in your work and chart a meaningful career. Learn the importance of upskilling and how to make your resume stand out from the rest.</p>
2.30pm – 3.30pm	<p><b>Photography with Jayaprakash Bojan</b>                  Wildlife photography can start with just a smartphone. Jayaprakash Bojan, award winner of the 2017 National Geographic Nature Photographer of The Year, will share photography techniques and how you can take amazing wildlife photos with a smartphone.</p>
3.30pm – 4.30pm	<p><b>Live for Today, Plan for Tomorrow</b>                  Join Central Provident Fund Board and Eden Law to understand the importance of making a CPF nomination and Lasting Power of Attorney as well as their significance in the distribution of your monies and assets.</p>
4.30pm – 5.30pm	<p><b>Turning Waste to Treasure</b>                  Gain an understanding of Singapore's food waste landscape to find out how you can help reduce food waste. Learn from Green Nudge on how to make your own eco-enzyme – a natural cleaning product that can be made from kitchen waste!</p>
5.30pm – 6.30pm	<p><b>Skate Your Way to Wellness</b>                  Did you know that a relaxing cruise on a longboard can help clear your mind? Odyssey Boards will share with you the basic moves and you will be cruising off to the sunset in no time!</p>