

Wellness Destination AI Tech Summit 2026 Tourism & Workplace

6 - 7 January 2026

Claymore Ballroom Pan Pacific Orchard



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HOLISTIC WELLNESS REVOLUTION

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GROUP

Tatler

2-DAY SUMMIT PASS* S\$1300 | 1-DAY S\$700

*Your summit pass entitles you to tea breaks, lunch(es) and unlimited networking. Prices not including 10% service tax.

REGISTRATIONS CLOSE 21 DECEMBER 2025

WELLNESS IS A MENTAL AND PHYSICAL DESTINATION

HOW DO WE JOURNEY THERE?

Wellness is transforming, seismically. Post COVID, mental health and wellness take front row seats. Research show that Gen Z'ers prioritise mental health and wellness. This new mindset transcend Gen Z. Beyond spas, facials, yoga and retreats, wellness is a chosen lifestyle - how you think and feel (emotional & mental health, stress management), how you move (fitness), what you eat (diet and nutrition), how you sleep (sleep physiology), where you choose to work (workplace wellness), holiday and relax (wellness tourism) and what longevity interventions you choose to delay ageing or prolong your life, disease-free. Wellness affects your health span, not just life span. From therapy, we move to intentional prevention.

The global wellness industry is expected to be worth US\$1.35 trillion by 2028. In Asia Pacific, healthcare and wellness are the new luxury. SEA prioritises health and wellness, making it a prime hub for wellness, innovation and investment. Singapore is the 6th blue zone and the first Blue Zone 2.0 - where people lead longer and healthier lives. We invest in preventive health, longevity, workplace wellness and eco-wellness tourism. Beyond geographical lines, we all benefit from wellness initiatives, preventive and longevity policies, design thinking, innovation and technologies.

Enter AI and Tech – surgical knives cutting across industries, sectors and our lifestyles to enable and enhance. New compelling research and clinical data throw up – nothing like we've ever seen - to fan the flames of the collective wellness consciousness. What sets us apart from other wellness events – **we focus on evidence-based science - driven by AI, digital health and tech. We're a disruptive movement stitching an evolving wellness ecosystem.**

WELLNESS AND MEDICAL TOURISM

Living longer is the long game. Living better is the new adage. To live better, travel better. Wellness and medical tourism is on a steep rise. Lines increasingly blur between wellness, leisure and corporate travels. Hospitality evolves to meet the rising and evolving wellness needs. Beyond the usual suspects of spas and gyms – what are the new trends and AI, Digital health and technologies to enhance wellness offerings? What is longevity wellness and why is it trending? What's on the menu to whet the appetites of the mindful eater? From biophilic to regenerative designs, to wellness architecture of the future, built environments define wellness.

WORKPLACE WELLNESS

Workplace is a physical wellness destination. Invest in the wellbeing of your people, invest in the success of your company. Leadership and HR's role is one of a wellness strategist and change agent – beyond EAP, you're the policy maker, culture creator and architect of wellness office design. Once a nice-to-have, wellness-centric corporate offerings are now a must-have. Benefits cut across healthcare, mental health, health and wellness education, healthier food options, social wellness through team building, fitness programmes, flexi-work arrangements and office design. Plus, benefit from wellness sessions covered in the tourism track as they relate to general wellness, corporate wellness retreats and are relevant to your frequent traveller employees.

LEAD AND JOIN OUR EXCLUSIVE AND DISRUPTIVE MOVEMENT

Whether you're a sponsor, exhibitor, speaker or delegate, you're a trailblazer, surrounded by trailblazers, making history and cementing your credibility. Learn from and network with regional and global thought leaders and extraordinaires. Collaborate and innovate. You won't find a greater diversity out there. This summit will inspire a full-spectrum look at your life.

WHO SHOULD ATTEND

Singapore, regional and global Gamechangers, Thought Leaders, Leaders, Decision Makers, Chiefs, Directors, SVPs, VPs, General Managers, Senior Executives, Professionals, Consultants, Founders, Scientists, Architects, Master Planners, Designers, Project Managers across:

TOURISM & HOSPITALITY

Policy / Government, Hotels, Resorts, Spas, Attractions, Travel (platforms included), Architecture / Landscape / Interior / Wellbeing design, Healthcare, Longevity, Mental Health, Wellness, Fitness, Sustainability, AI and Digital HealthTech startups / companies, AI and Digital Tech data companies, Innovation or Wearable Providers, Wellness Food/Nutrition, Academia and Venture Capitalists.

WORKPLACE & CORPORATE

HR, People, People and Culture, Human Capital, Health, Employee Benefits/Relations, Total Rewards, Compensation & Benefits, Wellbeing, Occupational Safety & Health, Corporate or Employee or Enterprise Insurance, InsureTech, Corporate or Employee Consultancy, Corporate Psychologist, Commercial / Workplace / Wellness Design, Mental Health, Commercial and Corporate Real Estate and Investment Management, Facility Management, Workplace Innovation & Planning, Portfolio Planning. Policy / government.



JASON LEUNG

General Manager, Pan Pacific Orchard

Jason Leung has over 20 years of experience in luxury hospitality across Asia Pacific. He has held senior leadership roles at The Westin Resort Nusa Dua, Bali, Le Méridien Singapore, and Singapore Marriott Tang Plaza Hotel, earning recognition such as the Marriott Mustang Award and a Stelliers General Manager of the Year nomination. In 2025, he took the helm at Pan Pacific Orchard,

leading its next phase as an award-winning destination that redefines graceful luxury and guest experience in the heart of Singapore.



ONG KIAN ANN

Chief Operations Officer, Gardens by the Bay

An economist by training, Kian Ann spent his early career as a public servant in the Ministry of Finance and the Office of the President in various portfolios from Government fiscal and social policies formulation; analytics; Whole-of-Government strategic planning and supporting the President and the Council of Presidential Advisers in performing their custodial and statutory

roles. He joined the tourism industry with one of the integrated resorts spearheading its non-gaming business development prior to joining Gardens by the Bay in 2021 as the Director of Business Development. As COO, Kian Ann oversees the daily operations of the Gardens critical in ensuring Garden's positioning as a world-class premier horticulture attraction. He is also the Vice-Chairman of Association of Singapore Attractions.



HIROMI YAMAGUCHI

Research Manager

Euromonitor International

Hiromi is a seasoned Research Manager at Euromonitor International, based in Singapore, where he leads a team of analysts covering FMCG and retail sectors across Southeast Asia. Since joining Euromonitor in Tokyo in 2013, he has built a strong reputation for delivering strategic insights that help businesses

unlock growth opportunities, sharpen their go-to-market execution, and drive innovation.

With deep regional expertise and a forward-thinking perspective, Hiromi is a frequent speaker at industry conferences, where he shares data-led narratives on emerging trends and the future of beauty. His presentations are known for translating complex market dynamics into actionable takeaways for brand owners, retailers, and innovators alike.



CLINT NAGATA

Founder and Creative Partner, BLINK Design Group

As Founder and Creative Partner, Clint Nagata's passion for travel, hospitality and design is the inspiration behind BLINK Design Group's vision. Born and raised in the Hawaiian island of Oahu in a Japanese American family, he has spent a lifetime imagining concepts, delivering smart and considered spaces, and wowing guests in some of the world's most desirable destinations. After 13 years with WATG in

Honolulu, Clint relocated to Thailand 18 years ago. BLINK has since expanded its presence in Asia with studios in Singapore, Shanghai, and Dubai, and in 2017 acquired the Jaya International Design (JID). Clint spearheads a collective of bold thinkers with an open-minded approach that nourishes collaboration and creativity. Under a guiding philosophy he has dubbed 'placemaking', Clint steers projects from conception through to completion based on big ideas rooted in a deep dive into the culture, people, and design vernacular of a place.



TOBY KYLE

ARB, RIBA, SIA, Studio Director, Landscape, WATG

Toby Kyle is an accomplished design leader with over 20 years of experience in master planning, architecture, and landscape design. Specialising in tourism and hospitality, He has led and collaborated with international design teams in a variety of projects from conception to completion. His work integrates environmental and cultural sensitivity, ensuring that each project fosters a deep connection with

its surroundings. He has a personal interest in human wellness, inspiring his design approach which strives to create meaningful places and spaces that align care for the planet with care for humans. At WATG, one of his most recent projects includes Saadiyat Marina Master Plan in Abu Dhabi, United Arab Emirates. Prior to WATG, he has worked on the Grand Hyatt Singapore, Greater Sentosa Masterplan 2030 in Singapore, Four Seasons Higashiyama in Kyoto, Japan, Waldorf Astoria Ithaafushi in Maldives, and Como Laucala Island Resort in Fiji, to name a few.



CHRIS GODFREY

Co-CEO, Hirsh Bedner Associates

Chris Godfrey is Global Co-CEO of Hirsch Bedner Associates (HBA), the world's leading hospitality design firm. An award-winning RIBA Chartered Architect with over 25 years of international experience, Chris leads more than 1,500 employees across 25 offices worldwide. Since establishing HBA Residential in Singapore in 2014, he has expanded the firm's reach far beyond hospitality interiors into architecture, landscape, lighting, product design, and brand strategy. Appointed Global Co-CEO in 2022, he has driven HBA's global growth through the OneHBA framework, revitalising its brand, expanding into key markets such as New York and Madrid, and championing innovation in design technologies to create spaces that inspire, connect, and elevate the human experience.



ALAN BARR

Founder, greymatters

Alan is a serial entrepreneur and the Founder of the award-winning hospitality design agency greymatters. As Creative Director, he has led the agency to become one of the region's most sought-after hospitality design partners. With more than twenty years' experience, he has designed and branded boutique properties from his home in New York City to the farthest reaches of the globe.



DANA KOH

Executive Editor, Tatler Singapore

Dana Koh is the Executive Editor of Tatler Singapore, where she leads the award-winning title's editorial strategy and multi-platform content execution across print, digital, branded storytelling and community-driven experiences. With over a decade in luxury and business media—including years at Vogue and Harper's Bazaar—she specialises in human-centred narratives, engaging video productions and curated dialogues that explore innovation, transformational leadership, wellness and cultural capital. Her goal at Tatler? To feature, connect and catalyse the voices and visions shaping modern Asia—from legacy builders to thoughtful disruptors who fearlessly rewrite the codes of luxury, the roads to success, and meaning of impact.



DR. NARAS LAPSYS

Chief Clinical Officer, Senior Dietitian, Chi Longevity

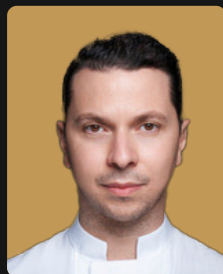
Dr Naras Lapsys is a recognised leader in geromedicine with over 20 years of clinical, academic, and research experience across Singapore and Australia. Holding a PhD in Medicine and a Master's in Nutrition & Dietetics, he bridges cutting-edge biomedical science with real-world clinical care to extend healthspan and lifespan. Adept at shaping clinical teams, programs, and public education, Dr Naras brings a unique blend of scientific depth, clinical rigour, and strategic insight to the evolving field of healthy longevity medicine.



DR ANUSHA JAYARAMAN

Executive Director, ASEAN Microbiome Nutrition Centre
Department of Research, National Neuroscience Institute (NNI).
Senior Research Fellow, NNI

Dr Jayaraman is a Senior Research Fellow at NNI and Executive Director of ASEAN Microbiome Nutrition Centre, NNI. Her research focuses on understanding the role of gut microbiota in healthy aging and disease, with particular focus on the gut-brain axis and mental health. At AMNC, Dr Jayaraman uses animal models, human samples, behavioural and molecular techniques to answer research questions pertaining to the role of gut-brain communication in neurodegenerative, neuropsychiatric, and metabolic disorders, with the goal to translate research evidence to clinical practice.



DANIELE SPERINDIO

Chef-Owner, I'WA Group & Art di Daniele Sperindio
F&B Director, METT Hotel Singapore

Daniele Sperindio is a Michelin-starred Italian chef whose work explores Italian heritage through a contemporary, research-driven lens. Based in Singapore since 2012, he is the Chef-Owner of Art di Daniele Sperindio, awarded one Michelin star and named Best Italian Restaurant in the World 2024 by Gambero Rosso, alongside multiple international accolades. He is also a Krug Ambassade and an MBA holder with Distinction from the University of Warwick, London. Now entering a new chapter at METT Hotel Singapore, Chef Daniele expands on his role of restaurateur beyond his own ventures, stepping into the

position of Director of Culinary & F&B. In this role, he guides the hotel's gastronomic vision while preparing the next evolution of Art di Daniele Sperindio, set to launch in early 2026. His cuisine reflects an ongoing maturation — personal, cultural, and culinary — where tradition remains constant, but the narrative deepens with every iteration.



ADRIEN DESBAILLETS

CEO and Co-Founder, SaladStop! Group

Adrien is the Co-Founder and CEO of the SaladStop! Group. Having grown up in the hospitality industry in Asia, Adrien and his father felt a need for healthier food options in Singapore in 2009. This escalated into a vision of bringing something innovative, fresh and tasty to increasingly discerning and health conscious people.

Today, the SaladStop! Group is a multi-brand operator with over 75 outlets across Singapore, Hong Kong, Vietnam, Philippines, Korea, Indonesia and Thailand. The Group's mission has evolved into shaping the future of food in Asia, and to ensure that healthy food is convenient and accessible to everyone. The SaladStop! Group today is already impacting 3.5 million people a year, offering them nutritional transparency and climate-positive choices. Fuelled by innovative and proprietary technologies, a network of cloud kitchens and a new generation of transparent, tech-enabled and scalable health food brands, we are excited for our next leap to become the leading personalized nutrition company in Asia.



DR. NISHA ABU BAKAR

Founder and Principal Consultant, World Women Tourism

Dr. Nisha Abu Bakar is a distinguished tourism consultant, sustainability and wellness advocate with over 25 years of transformative experience bridging tourism innovation and holistic well-being. As a globally sought-after keynote speaker, Dr. Nisha regularly shares insights at prestigious organisations including UNWTO, PATA, and ADB, developing comprehensive strategies

that integrate wellness principles with destination marketing and management. Her experience in Singapore includes delivering training on GSTC sustainability criteria, positioning the nation as a leader in sustainable and wellness-focused tourism. As co-owner of Zanta Spa & Wellness in Bhutan—a country renowned for its holistic approach to wellbeing and Gross National Happiness—Dr. Nisha brings invaluable insights into

authentic wellness destination development. Her practical experience in spa operations and wellness hospitality complements her academic expertise in creating immersive, transformative travel experiences. Through World Women Tourism, Dr. Nisha champions women's wellness and mental wellbeing in the workplace and tourism sectors. As host of the "Women We Watch in Tourism" podcast, she amplifies conversations around work-life balance, leadership wellness, and mental health support for women professionals. Dr. Nisha is recognised as "Most Inspiring Woman in Travel (Asia)" by IWTA 2024 and LinkedIn's "Top 10 Women's Voices in Singapore."



ANNA MILANI

Founder, SPARKD by CHI Longevity

Anna Milani is a visionary leader in brain-body performance, longevity, and corporate wellness, combining expertise in neuroscience, cognition, exercise science, and organisational performance. She is the Founder & CEO of SPARKD, pioneering brain-body performance gym in Singapore and Head of Physical & Cognitive Performance at CHI Longevity, where she oversees interventions that integrate exercise

science and cognition to optimise health span and performance. With over 15 years of leadership experience in elite organisations in London and Singapore, Anna has designed and led innovative programs for individuals, corporations, and schools. She has collaborated on various research projects with the National University of Singapore to further the field of corporate wellness, longevity exercise, specifically to dual task/cognitive motor training gamified interventions.



MELINDA YON

CEO, Beyond Consulting

Beyond Consulting Services is a global advisory firm specialising in luxury wellness hospitality, spa concept development, biohacking and longevity protocol integration. Partnering with hotels, resorts, wellness clinics, longevity centers, and start-ups to design concepts, create transformative guest experiences, and operational excellence. With over two decades of industry experience, Melinda has partnered with

globally respected brands including Capella Hotel Group, COMO Group, and Six Senses Hotels & Resorts. Her expertise spans the full spectrum of wellness development. A former spa business owner, and editor of AsiaSpa Men magazine, Melinda has also served as an awards judge, master of ceremonies, moderator, and thought leader within the wellness space. Deeply

committed to cultivating future leaders, she holds multiple qualifications in training and development and was a senior lecturer at Republic Polytechnic's School of Hospitality, where she taught the diploma in wellness, lifestyle, and spa management.



INGO SCHWEDER

Founder & CEO, GOCO Hospitality
Managing Director, Horwath HTL Health & Wellness

Ingo Schweder is a globally recognised thought leader and pioneer in wellness hospitality. As Founder & CEO of GOCO Hospitality and Managing Director of Horwath HTL Health & Wellness, he has led the development of over 400 projects across 42 countries, valued at more than USD 4.5 billion. He also owns Glen Ivy Hot Springs, the oldest and highest-grossing hot springs resort in the U.S., and previously held leadership roles at Mandarin Oriental and Oberoi Hotels. Ingo played a key role in founding Ananda in the Himalayas and co-founded Space Yoga & Space Cycle with Jack Ma and Matthew Allison. He serves on the advisory boards of AMAALA, IHIF, and Moonstone Retreat Norway, and recently formed a joint venture with a Temasek subsidiary to expand GOCO's footprint in wellness real estate across Asia and Europe.



SHAMILEE VELLU

Brand and Content Consultant

Shamilee Vellu is a brand and content consultant with expertise in shaping narratives across luxury hospitality, fintech, F&B, and government sectors. She was formerly Head of Content at DayAway, where she developed the brand voice and content strategy for the pioneering hospitality-tech startup, and more recently was instrumental in Marina Bay Sands' transformational "Above Beyond" rebrand, helping to execute a unified content vision for one of the world's most iconic integrated resorts. A seasoned editor and journalist, her work spans brand storytelling, editorial direction, and multi-platform strategy. She writes for leading international titles including Condé Nast Traveler, The Telegraph, Travel + Leisure, SCMP, CNA Luxury, and The Peak Singapore, and previously served as Editor-in-Chief of Robb Report Singapore, guiding its editorial and content strategy across print, digital, and events for Singapore's top-tier executives and tastemakers.



MICHELLE NGIAM

Founder and CEO,
MEURAKI

Michelle is the Founder and CEO of MEURAKI, a wellness-tech company pioneering Wellness 4.0 — a new paradigm where cities, destinations, and workplaces become living wellness ecosystems. Her work merges physical spaces with digital storytelling to create immersive wellness experiences that are accessible, scalable, and human-centred. Through flagship activations such as Unity Garden at Jewel, INNERDRIVE at Funan, and Genesis Village at Gardens by the Bay, Michelle has demonstrated how wellness can be seamlessly woven into everyday environments to foster community, emotional restoration, and measurable impact. A sociology graduate, entrepreneur, and mother of two, Michelle's vision sits at the intersection of urban innovation, tourism, and workplace well-being — reimagining how people live, work, and thrive in the cities of the future.



INMA MORENO

VP of Business Development – ASPAC
Gharieni Group

With 35 years of international experience spanning spa and wellness operations, luxury hospitality, and the sports industry, Inma Moreno brings a multi-dimensional perspective to her role as VP Business Development for Gharieni Group in the Asia-Pacific region. She leads the integration of transformative wellness technologies, for luxury hotels, wellness destinations, and corporate workplaces across ASPAC. Recognised for her client-centric approach, Inma guides partners from concept to installation—ensuring each project flows seamlessly, elevates guest experience, and delivers high-ROI wellness outcomes. Her background in sports further shapes her expertise in performance recovery, mental resilience, and human optimisation. Beyond her corporate role, Inma collaborates with Australia's Kids Foundation, supporting burn survivors and trauma recovery programs—reflecting her deep commitment to wellbeing, resilience, and community impact.



DANIEL GUNAWAN

Managing Director, Cloud First, Engineering & Innovation
Lead, Southeast Asia, Accenture

Daniel is a Managing Director based in Singapore and leads Accenture's Cloud First, Engineering practice and Innovation lead in Southeast Asia. As the Cloud First & Engineering Lead, one of his focus areas is to deepen ecosystem partnerships in Southeast Asia, helping clients move and operate their businesses in the Cloud and accelerate innovation to meet their digital transformation agenda. Within Innovation practice, Daniel focuses on bringing the latest and greatest technology innovation, working closely with the global innovation team to drive the technology adoption use cases to enable client's transformation agenda. He is focused in leveraging AI to improve and increase productivity in Software Development life Cycle. Daniel has been with Accenture for over 24 years and has worked in Southeast Asia, Australia, Greater China and the United Kingdom, driving sales and delivery of complex technology implementations across industries. Daniel specializes in Cloud, Technical Architecture and Delivery Excellence providing oversight to programs in Southeast Asia and performing Quality Assurance reviews across the various industries. He is also the subject matter expert in the areas of Agile and DevOps and has previously held the position of Accenture Blockchain Technology Council lead for APAC.



DR. RAMINE TINATI

Managing Director, Applied Intelligence, Accenture

Ramine is a Managing Director, based in Singapore, and leads APAC Centre for Advanced AI. Ramine has an extensive background in researching, building, and delivering industrialized Machine Learning and Artificial Intelligence solutions. Previously, Ramine was a lead Data Scientist for Microsoft Consulting Services' Delivery Data Science practice, and also the APAC AI/ML SME for Amazon Web Services. Ramine holds a PhD, MSc and BSc in Computer Science (and Web Science), from the University of Southampton, UK.



BRIDGET WONG

Head of HR, Singapore, Accenture

Future focused and outcome driven HR leader with more than 19 years of extensive strategic thought leadership, team management and complex delivery experience, spanning broad industry spectrum in fast paced growth environments. Specialisation in conceptualising impactful strategic people initiatives, drive end to end integrated talent management strategy, including create leadership pipeline development plans, succession planning for complex account management, and capability development programs to enhance workforce optimisation. Extensive portfolio of HR achievements includes leading multi-year complex transformational initiatives that significantly unlocked cost savings and scaled high performing HR organisation. High achiever who consistently achieved top 5% of performance amongst HR leaders across the region. People leader who celebrated excellence in HR innovations and designed award-winning programs and people experience initiatives. Demonstrated strong passion with keen interest to unleash human potential and contribute back to the Singapore nation.



MICHELLE TAI

Head of Recruiting, Southeast Asia; People Engagement Lead,
Singapore, Accenture

A strategic People Leader with 17 years of experience in designing and delivering end-to-end talent attraction strategies, transformational and differentiated engagement initiatives across diverse markets. Proven track record in building high-performing teams, enhancing employer brand visibility, and implementing cutting-edge recruitment practices that have received multiple industry recognitions and awards. Deeply passionate about people engagement as a business driver, with a proven record of creating and scaling programs focused on employee wellness, connection, and high performance culture. These include holistic well-being platforms, cross-functional engagement frameworks, and innovative initiatives that integrate care, capability, and connection to boost retention, productivity, and a sense of belonging. Her multi-faceted background that combines deep expertise in Business Process Re-engineering, Data Analytics, and Business Process Solutions Consultancy had powered her strong business acumen and a data-driven approach to decision-making, consistently aligning talent strategies with organizational objectives and long-term business growth.



NATALIE DAU

Founder, Keeping It Real

Natalie Dau is a Guinness World Record Holder, motivational speaker, co-author of best-selling book "Run Like a Woman" and is an Asics sponsored athlete and ambassador for brands including Garmin, AG1, and Oakley. Natalie has accomplished extraordinary endurance feats most recently this year undertaking "Project 1000", a 1,000 km solo run thorough the Philippines running 2 x marathons a day for 12 days, to raise money for underserved youth. Prior to that in 2024 she ran another 1,000 kms from Thailand to Singapore earning her a place in the Guinness World Records. The story of her Project 1000 run resonated with so many that she produced a documentary "Project 1000 Believe", which has won International Film Festival awards, and is showcased on Singapore Airlines flights across the world. She is a highly-rated keynote speaker who sharing her real-life stories on high performance. Based in Asia for over 20 years, Natalie's global experience includes consulting, international marketing, communications, business management and strategy. She uses her 700k strong social media following (@nataliedau) to push the boundaries and to give back to children in underprivileged communities.



GETHIN NADIN

Award-Winning Psychologist, Bestselling HR Author, One of HR's Most Influential Thinkers, Chief Innovation Officer, Benifex

Gethin is an award-winning psychologist who has been helping some of the world's largest organisations to improve their employee experience and wellbeing for more than two decades. In 2023 he was named as one of the World's Most Influential HR thinkers by the Hult Business School, and in 2024, Author of the Year. In 2025, Gethin was awarded double gold at the prestigious Stevie's awards in New York; A gold for 'Outstanding Achievement in HR' and 'HR Influencer of the Year'. Gethin was also awarded 'Outstanding Contribution to the Industry' at the 2024 PwC The Rewards as well as 'Industry Influencer 2024' at the Incentive Awards. In September 2025, in acknowledgement of his significant contribution to the industry, the Employee Experience Awards recognised him with a Lifetime Achievement Award.

As a frequent writer and keynote speaker on employee experience and employee wellbeing, Gethin has been featured in Forbes, The Guardian, The Huffington Post and The Financial Times as well as all major HR publications. Gethin has been named as one of the world's top Global Employee Experience Influencers for four years running and UK Mental Health Campaigner of the Year 2023. Gethin is also Ex-Chair of the UK Government-backed Engage for Success Wellbeing Thought Action Group, a Wellbeing Advisor to Investors In People, Ex-Member of the All-Party Parliamentary Group on the Future of Employability, a Fellow at the RSA and Chair of the Policy Liaison Group on Workplace Wellbeing, frequently meeting with and presenting to members of the UK Parliament. In 2024 Gethin was also invited to be a Fellow at the historic King's College London, King's Business School - a business school in the top 1% globally.

In 2018, Gethin published his first book - the award-winning HR bestseller 'A World of Good: Lessons From Around the World in Improving the Employee Experience', which has gone on to inspire HR and Reward teams at some of the world's best-known brands. In 2022, Gethin co-authored his second book 'Das Menschliche Büro - The Human(e) Office' a collaboration between leading academics and workplace professionals from across Europe. In late 2022, Gethin published his third book, 'A Work In Progress: Unlocking Wellbeing to Create More Sustainable and Resilient Organisations' which reached the top of the UK bestseller list on its day of release. As part of the book's global launch, Gethin went on a tour of the UK and Ireland with Ruby Wax OBE to highlight the importance of supporting mental health in the workplace.



KANIKA SINGH

Regional Director
Gallup

Kanika Singh is the Regional Business Development Director for Gallup's clients in Southeast Asia and Japan. She is a regular keynote speaker at many HR community gatherings and large HR events in the region, including SHRI events, World HR Congress, HR Tech Festival, and more. She has published multiple articles on Gallup.com and shared her expertise through radio interviews and a featured, exclusive article by Singapore Business Review. Kanika is also regularly featured in Gallup's educational webinars and leads the annual launch of Gallup's global workplace insights for the Southeast Asia region.



DR. ANDREW TAY

Chief Wellbeing Officer, National University Of Singapore

Dr. Andrew Tay leads groundbreaking initiatives at the HWB unit, achieving unprecedented success since 2020. His leadership in innovative programs like "return-to-work case management" and destigmatisation campaigns has significantly enhanced the university community's wellbeing. Pioneering the WellNUS framework, he revolutionizes mental health approaches.

Recognized with prestigious awards like the WorkWell Leaders "Wellbeing Organisation of the Year" and the "Global Healthy Workplace Award," Andrew's impact is evident. With a medical background in tech and pharma, he has shaped employee benefits at Facebook and GSK. An alumnus of NUS and advocate of music and arts, Andrew plays bass guitar and crafts cocktails in his free time.



NAYAN PAREKH

Global Workplace Sector Leader and Principal
Gensler

Nayan Parekh co-leads Gensler's Global Work Sector. She is an Architect and Sociologist by training and brings two decades of experience in shaping the future of work for clients around the world. Her passion lies in interdisciplinary design that places users at the centre and drives tangible business value. With a Global

perspective cultivated through her work with clients in India, London and Singapore, Nayan has successfully led transformational projects across Asia, the U.K., and continental Europe. Her work spans diverse sectors, including education, life sciences and the workplace, making her a true visionary in design.



DENISE SHILLITO

Global People Advisor
Unilever International

Denise Shillito is a transformative HR leader, coach, and advisor. She is passionate about building organisations where everyone can thrive. As a People leader, Denise is committed to creating environments where individuals are empowered to bring their authentic selves to work and reach their full potential. She combines deep human capital insight with digital transformation leadership, championing resilience, well-being, and diversity initiatives that support high-performing, multigenerational teams. With over 20 years of global HR experience, Denise advocates courageous leadership and creativity as essential for shaping future-ready workplaces, leveraging AI and technology to ensure work settings deliver both high performance and high care. Denise's vision places wellness, motivation, and genuine human connection at the heart of talent attraction and retention.



JAYESH MENON

Global HR Vice President
Danaher and Pall Corporation

Jayesh is currently leading HR globally for the Micro Electronics business, as well as Pall APAC. Prior to this, he was the country GM for Moët Hennessy(LVMH) and their regional HR at various points of time. He has lived and worked in multiple countries including Singapore, India, China, Malaysia among others. Jayesh has won multiple awards and has been a keynote and TedX speaker.



JEAN LUA

Chief Human Resources Officer
Kredivo Group

Jean Lua is an accomplished professional with extensive experience in human resources and organizational development. Currently serving as Chief HR Officer at Kredivo Group, Jean previously held prominent positions such as SVP Human Resources and Head of Regional Learning and Organisation Development at Shopee. Additional roles include contributions to the Public Service Division's Innovation Lab, serving as Regional Learning and Development Advisor at the Foreign and Commonwealth Office, and working as a Talent and Organizational



PAUL SIMONS

Managing Director
Chief Human Resources Officer
Global Human Resources, Asia Pacific
MUFG Bank, Ltd.

A member of Mitsubishi UFJ Financial Group (MUFG)

Paul Simons was appointed Chief Human Resources Officer of MUFG in Asia in September 2023. He is a member of MUFG Asia Regional Executive Committee (EXCO) and the Global HR Leadership team and is responsible for delivering the people agenda including the human capital strategy in the region. MUFG in Asia spans 18 markets in ASEAN, East Asia including China, South Asia including India, and Oceania region, and has close to 7,000 staff. He is based in Singapore. Paul has over 30 years of HR experience across multiple geographies and industries, including senior leadership positions in Standard Chartered Bank (Singapore), Centrica (UK), Diageo (UK) and GlaxoSmithKline (UK). He joined MUFG from Prudential Plc in Hong Kong where for the last 10 years, as the Chief Human Resources Officer for its Insurance Growth Markets group he led its HR function across 16 markets in Asia and Africa. Paul graduated from University of Leeds in the United Kingdom with a Bachelor of Arts degree majored in Economics. He is a certified CIPD by Thames Valley University.

8.30 – 9 AM | REGISTRATION, WARM WELCOME & COFFEE

9 – 9:15 AM | OPENING ADDRESS

9:15 – 10 AM | PASSPORT TO WELLNESS

– WELLNESS TRAVEL TRENDS

TOURISM & WORKPLACE

Travellers are swapping cookie-cutter experiences for meaningful travels – whether that's wellness, sustainability, or cultural immersion. The increasing focus on wellness globally sets the trend of long term care versus a brief escape. Also, corporate travellers are looking to rejuvenate and refresh at their business check-in's. The demand for regenerative travel re-defines the entire travel industry and customer journey – from planning, booking, to wellness experiences inflight, at the airport, hotel and beyond. Technology will further revolutionise travel planning and experiences. AI tools and neuro-inclusive innovations will make holidays more adaptable, ensuring inclusivity. Get the scoop on longevity data – as more opt for stem cell treatments, cryotherapy and other long term versus short self-care. Men-only wellness retreats? That's a new trend too.

Hiromi Yamaguchi, Research Manager, Euromonitor International

10 – 10:45 AM | GARDENS BY THE BAY – A LIVING WELLNESS LAB

Wellness extends to everyday spaces we live, work and play in. Gardens by the Bay, one of Singapore's top tourist attractions, is a living lab where nature, built environment, design, inclusivity and technology converge to nurture wellness for our visitors. Through our biophilic design, nature and space are seamlessly integrated, transforming the Gardens into an environment of calm, healing and connection. From sensory nature tours and mobility-friendly initiatives to intimate garden stays, we create experiences that extend the restorative power of nature to all. At the same time, we harness technology to craft immersive encounters – where art, innovation and nature meet – offering visitors moments of wonder, reflection and renewal. This session uncovers the “wellness aspect” of Gardens by the Bay - how thoughtful design, inclusivity and technology work together to inspire mental wellness, emotional restoration and a deeper connection with nature.

Ong Kian Ann, Chief Operations Officer, Gardens by the Bay

10:45 – 11:05 AM | TEA BREAK | NOT JUST A BREAK.

MORE OF AN ICE BREAKER.

**11.05 AM – 12:05 PM | GREAT MINDS HUDDLE PANEL DISCUSSION
A NEW ERA OF WELLNESS DESIGN AND INNOVATIONS
IN BUILT ENVIRONMENTS**

Beyond aesthetics, AI and tech revolutionise wellness design thinking and herald a new epoch in built infrastructure. New innovations enhance well-being, mental health, sustainability and human connections. This is the future of human-first intelligent design. Talking points include:

- Gen AI on wellness architecture and property design – Chat GPT and Deepseek in generating insights and cost-effective solutions.
- AI-enabled bio-tracking and bio-metrics that transform wellness spaces so they adapt to you – lights and sounds for optimal wellbeing
- AI-powered motion trackers for tailored, high-performance workouts.
- Technologies linked to wellness strategies
- Biophilic design elements and green aesthetics for mental health, ergonomic furniture for physical health
- Biodiversity and landscape design for mental wellbeing
- Sleep tourism and circadian lights for sleep wellness.
- Silent architecture and bio-harmonic design for relaxation, mental clarity and wellbeing.

PANELISTS

- Moderator – Shamilee Vellu, Brand and Content Consultant
- Toby Kyle, ARB, RIBA, SIA, Studio Director, Landscape, WATG
- Clint Nagata, Founder & Creative Partner, BLINK Design Group
- Chris Godfrey, Co-CEO, Hirsh Bedner Associates
- Alan Barr, Founder, greymatters



12:05 – 2:05 PM | THE PAN PACIFIC ORCHARD WELLNESS LUNCH



PAN PACIFIC
ORCHARD, SINGAPORE

Welcome & Networking Lunch

Guests enjoy a curated buffet lunch in the open-air Garden Terrace, 18th floor.

Address by General Manager

Brief welcome speech by Mr Jason Leung, General Manager, Pan Pacific Orchard

Mr Leung will introduce the Garden Terrace as a signature venue for gatherings, celebrations, and wellness programmes. Located on the 11th floor, this open-air terrace is designed to connect sky and city, where sustainable design meets horizon views, reflecting the hotel's vision that when it comes to wellness, even the sky is no limit.

Site Wellness Visits

Following the lunch address, delegates will be invited to split into smaller groups for guided tours through different parts of the hotel. These routes showcase sustainable design, distinctive venues, and wellness-oriented offerings. Selected areas, usually reserved exclusively for hotel guests, will be opened for this occasion to provide participants with behind-the-scenes insights into Pan Pacific Orchard's wellness-focused approach.

2:05 – 2:50 PM | LONGEVITY WELLNESS DECONSTRUCTED AND ITS RISE IN WELLNESS AND MEDICAL TOURISM

Once upon a time, longevity simply refers to living longer. Enter the scientists and biohackers – and longevity became of sci-fi proportions; a hotbed of holistic research turned approaches to delay ageing and enhance health span. Today, longevity wellness vaults into the mainstream and into wellness and medical tourism. Shrouded in mystery, the diverse disciplines remain as elusive to the general population, exclusive to the wealthy and uber-health-focused few. What is longevity wellness really? If Singapore government is investing funds into longevity research, how does it benefit population health? This session deconstructs longevity wellness and covers:

- Medical interventions and biomarkers
- Sleep
- Fitness – mental and physical
- Anti-aging
- Regenerative medicine

- AI, Tech and big data
- Longevity in wellness and medical tourism

Dr Naras Lapsys, Chief Clinical Officer and Senior Dietitian, Chi Longevity

2:50 – 3:50 PM | GREAT MINDS HUDDLE PANEL DISCUSSION FOOD, GLORIOUS AND HEALTHY FOOD

TOURISM & WORKPLACE

Food has journeyed a long way from being mere fuel, to dining pleasures and culinary delights, to mindful healthy eating today. With the increasing influence of health and wellness, food is more than fuel and indulgence. It's feedback. From a correlation of – what you eat and your state of health, it's moved to the preventive realm of – what you eat and your state of health years down the line. It's therapeutic too – mindful, healthy eating has scientifically been proven to reverse diseases and heal. In the longevity wellness camp, food plays a pivotal role in anti-inflammation and anti-ageing. Tantalising talking points to whet your appetite:

- Longevity wellness – Food and nutrition in reducing inflammation, delaying ageing and reducing oxidative stress. Effects of anti-oxidant rich foods on your health.
- Gut health – correlation between gut health, emotional wellbeing and brain health.
- Plant-based diet
- Culinary travel – fast growing segment in tourism feeding into travellers' appetites for healthy, mindful eating, local cultures and exquisite experiences.
- Corporate wellness eating – wellness-oriented, nutrient-dense culinary offerings and menus to boost brain function and performance, and enhance wellbeing.
- Neuroprotective and therapeutic meals
- AI and tech innovations in the future of food and dining – hyper-personalised and data-driven, tailored to specific physiological and psychological needs.

PANELISTS

- Moderator - Dana Koh, Executive Editor, Tatler Singapore
- Dr Naras Lapsys, Chief Clinical Officer and Senior Dietitian, Chi Longevity
- Dr. Anusha Jayaraman, Executive Director, ASEAN Microbiome Nutrition Centre
Department of Research, National Neuroscience Institute. Senior Research Fellow, NNI
- Daniele Sperindio, Chef-Owner, l'WA Group & Art di Daniele Sperindio.
F&B Director, METT Hotel Singapore
- Adrien Desbaillets, CEO and Co-Founder, Saladstop! Group

3:50 – 4:10 PM | TEA BREAK – BRAIN FUEL

4:10 – 4:55 PM | NEXT GEN WELLNESS – WELLNESS 4.0 AND PHYGITAL WELLNESS



As wellness evolves from personal choice to systemic design, cities, destinations, and workplaces have a once-in-a-generation opportunity to redefine how people experience well-being. Michelle Ngiam unveils the Wellness 4.0 framework and R.E.A.L.M.™, MEURAKI's proprietary activation engine that transforms everyday environments – from parks and precincts to workplaces and retail hubs – into immersive wellness ecosystems. Drawing from real activations at Jewel Changi Airport, Funan, and Gardens by the Bay, Michelle illustrates how phygital wellness layers can drive engagement, tourism growth, and organisational well-being. The session will explore the convergence of technology, design, and storytelling in shaping next-generation wellness destinations. Discover:

- Wellness 4.0 – From fragmented experiences to systemic well-being
- R.E.A.L.M.™ – A scalable activation engine for cities and workplaces
- Phygital design: bridging digital engagement with real-world experiences
- Singapore case studies: Unity Garden, INNERDRIVE™, Genesis Village
- Opportunities for destinations, developers, and employers to co-create wellness ecosystems

Michelle Ngiam, Founder and CEO, MEURAKI

4:45 - 5:45 PM | GREAT MINDS HUDDLE PANEL DISCUSSION

THE WELLNESS AND RETREAT CHECKLIST **TOURISM & WORKPLACE**

Beyond the hackneyed gym, spas and sound baths, wellness travel lexicon has well, expanded. New trends read like a checklist. Whether you're in hospitality, design and architecture, policy, healthcare, fitness, culinary gastronomy, HR ensuring your employees' travel wellness, a corporate warrior or human in search of the ultimate wellness journey, this sessions updates you on emerging wellness trends. Plus learn how technology or innovations back up the science or throw up new innovations. Wellness checklist du jour:

- Longevity retreats – anti-ageing therapy, advanced health screenings and anti-inflammation retreats
- Personalised wellness – fitness (biomarkers and bio-tracking) and diet (nutrient support and digestion)
- Tech innovations – fitness wearables, apps, other online trackers and wellness programmes.
- Women- and men-exclusive wellness retreats
- Mental health, meditation and mindfulness
- Sleep Tourism
- All-inclusive – burn out, check in, stay in

PANELISTS

- Moderator - Dr. Nisha Abu Bakar, Founder and Principal Consultant, World Women Tourism
- Anna Milani, Founder, SPARKD by CHI Longevity
- Melinda Yeo, CEO, Beyond Consulting
- Ingo Schweder, Founder & CEO, GOCO Hospitality. Managing Director, Horwath HTL Health & Wellness
- Inma Moreno, Vice President, Business Development – ASPAC, Gharieni Group

GHARIENI
GROUP



8:45 – 9.15 AM | REGISTRATION AND MORNING COFFEE KICKSTART

9.15 – 9.30 AM | DAY 2 OPENING ADDRESS

**9.30 – 10.15 AM | THE PERFORMANCE AMPLIFICATION EFFECT:
WELLBEING AS A BUSINESS STRATEGY**

Singapore's workforce, like many globally, faces rising levels of daily stress and declining wellbeing. Yet, a growing body of evidence shows that organisations investing in employee wellbeing and benefits are not just improving lives - they're outperforming their peers. In this inspiring and data-driven session, award-winning psychologist, and globally recognised HR thinker Gethin Nadin reveals how leading organisations are transforming wellbeing and employee benefits into strategic levers for performance, innovation, and growth. Drawing on significant new global research, real-world case studies, and debuting The Performance Amplification Framework, this session will demonstrate how personalised wellbeing and flexible benefits, when enabled by technology, can create resilient, high-performing work systems.

**Gethin Nadin, Award-Winning Psychologist.
Bestselling HR Author. One of HR's Most Influential Thinkers.
Chief Innovation Office, Benifex**

**10.15 – 11 AM | TEA BREAK – SOMETHING SAVOURY,
SOMETHING SWEET | BONUS PAN PACIFIC ORCHARD WELLNESS
TOUR**

**11 – 11:45 AM | WELLBEING AT WORK: WHAT IT MEANS FOR
CORPORATES AND WHY IT'S A STRATEGIC IMPERATIVE**

Kanika shares cutting-edge insights from Gallup's global research on employee wellbeing and its direct impact on organisational performance. Drawing from Gallup's proprietary analytics, regional data and reports such as the World Happiness Report, the session unpacks why wellbeing is no longer a "nice-to-have" but a strategic imperative for corporates navigating the future of work. Deep dive into:

- Insights on global wellbeing
- The five essential elements of wellbeing – career, social, financial, physical, and community and how they shape a life well-lived

- The generational wellbeing gap: reversal of a decade-long trend on happiness in young versus the older
- How much does income and GDP predict happiness rankings for countries?
- Why only 1 in 3 employees globally are thriving, and how this affects productivity, retention, and brand reputation
- How strengths-based cultures drive engagement, belonging and intent to stay

Kanika Singh, Regional Director, Gallup

**11:45 AM – 12:30 PM | BEYOND APPS AND ALGORITHMS –
MEASURING WHAT MATTERS IN WORKPLACE WELLBEING**

The promise of AI, digital health, and wellness tech is dazzling – from personalised wellbeing apps to predictive analytics for employee health risks. But technology, no matter how advanced, is only as valuable as the impact it creates. In a workplace context, this means asking the harder questions: Are these tools truly improving wellbeing, building resilience, and enhancing performance? Or are they simply adding more dashboards to already crowded screens? In this session, Dr. Tay will explore how organisations can move beyond chasing the "next shiny tool" to systematically measuring the real value of wellbeing. Drawing from global and regional practice, as well as NUS' whole-of-organisation approach, he will share practical insights on:

- How to evaluate both ROI (Return on Investment) and VOI (Value on Investment) of wellbeing initiatives, whether tech-enabled or not.
- Why a whole-organisation lens ensures that wellbeing is embedded into culture and leadership, not left to technology alone.
- The role of AI and digital health in augmenting – not replacing – human connection, psychological safety, and systemic change.

Participants will leave with a sharper understanding of how to harness AI and wellness technologies meaningfully – not as ends in themselves, but as enablers of healthier workplaces and more sustainable business outcomes.

Dr Andrew Tay, Chief Wellbeing Officer, National University of Singapore



12.30 – 2.30 PM | THE ACCENTURE PANEL DISCUSSION LUNCH



Welcome & Networking Lunch

Guests enjoy a curated buffet lunch in the open-air Garden Terrace, 18th floor.

PANEL DISCUSSION

FROM DATA TO DAILY RITUAL: HOW AI IS REDEFINING WELLBEING

Wellbeing is a lifestyle experience, not limited to physical health, but shaped by how we care for our people, connect communities, and build capabilities that help them thrive. In today's workplaces, this means celebrating achievements, recognising contributions, and creating meaningful rituals that balance high performance with strong purpose.

As Singapore advances its Smart Nation vision, AI is becoming a catalyst for embedding wellbeing into the full lifecycle of the workforce. From nurturing resilience and enabling continuous learning, to preparing the next generation of leaders, AI is transforming how organisations celebrate Care, deepen Connection, and strengthen Capability.

This panel will explore how AI and human ingenuity can redefine wellbeing as daily practice – supporting both individual growth and enterprise transformation. We will discuss how embedding the 3Cs into organisational culture through AI can align with national priorities such as preventive health, lifelong learning, and inclusive nation building.

At the heart of this conversation is a vision of workforce transformation through holistic wellbeing – where AI empowers organisations to care more deeply, connect more meaningfully, and cultivate the capabilities that define Singapore's future workforce.

PANELISTS

- Moderator – Natalie Dau, Founder, Keeping it Real
- Daniel Gunawan, Managing Director, Cloud First, Engineering & Innovation Lead, Southeast Asia, Accenture
- Dr. Ramine Tinati, Managing Director, Applied Intelligence, Accenture
- Bridget Wong, Head of HR, Singapore, Accenture
- Michelle Tai, Head of Recruiting, Southeast Asia; People Engagement Lead, Singapore, Accenture

2:30 – 3:30 PM | GREAT MINDS HUDDLE PANEL DISCUSSION THE NOW AND FUTURE OF WORKPLACE WELLNESS

Your people are your biggest ROI - are you investing in their health and wellbeing? Wellbeing is more than physical and mental health—it is linked to motivation, energy, purpose drive. Together these factors build resilience. A study done by Harvard's Center for Health and the Global highlighted how green buildings positively affect health and cognitive function. On average, cognitive scores were 61% higher in green building conditions, and 101% higher in enhanced green building conditions. A healthy workplace and wellness benefits are now non-negotiables, and a powerful tool in your talent attraction and retention strategy. Gen Z and millennials now demand wellbeing benefits. This session covers:

- Insights of wellbeing and its relationship to bonding with colleagues, motivation and an ability to do one's best work – all of which are drivers of overall workplace experience.
- A rethink of workplace experience and design, enabled by AI and tech - the building, the workplace and the workforce.
- Work from anywhere versus office productivity – tech and tools to enhance productivity
- Tech-enabled corporate and workplace wellness benefits
- AI impact on work affective – impact of applying AI technology on employees work wellbeing

PANELISTS

- Moderator - Gethin Nadin, Award-Winning Psychologist. Bestselling HR Author. One of HR's Most Influential Thinkers. Chief Innovation Officer, Benifex.
- Dr. Andrew Tay, Chief Wellbeing Officer, National University of Singapore
- Jayesh Menon, Global HR VP, Danaher
- Denise Shillito, Global People Advisor, Unilever International
- Jean Lua, Chief Human Resources Officer, Kredivo Group
- Paul Simons, Managing Director, Chief Human Resources Officer, Global Human Resources, Asia Pacific, MUFG Bank, Ltd.



3:30 – 4:15 PM | MENTAL BREAK – BEST ACCOMPANIED BY IMBIBES

**4:15 – 5 PM | DESIGNING HIGH-PERFORMING WORKPLACES:
INSIGHTS FROM GLOBAL RESEARCH**

For nearly two decades, Gensler has examined how workplaces evolve and what drives both high performance and well-being. The pandemic accelerated the shift from viewing work as a fixed location to understanding it as a dynamic process, transforming hybrid work practices. Insights from the Gensler Global Workplace Survey highlight the growing emphasis on people-centric workplaces and the factors that drive high performance at individual, team, and organisational levels. By considering workplaces in their broader context, including buildings and surrounding neighbourhoods, this session demonstrates how thoughtful design can enhance productivity and well-being, creating healthier, high-performing environments that benefit both individuals and organisations.

Nayan Parekh, Global Workplace Sector Leader & Principal, Gensler

5 – 5.15 PM | ROUND-UP & FAREWELL