

### Vice President's Message



David Lee, Vice President

Why do you want to be a **Professional Trainer**? Some like the glamour, some like the money, some just like to talk. Does it matter what the reason is? Yes. In fact, it will determine if you will ever be successful as a Professional Trainer.

Recently I gave evaluation to a rather dynamic platform speaker. He knew his session wasn't good but couldn't put a finger to where the gap was. So I asked him this question "Do you think the audience are better off after your speaking session than when they first came in?". He instantly got the point – though he spoke a lot, he has made little, if not no, difference in their lives.

As a trainer, your listeners should be better off after your training. Be it a new skill, a renewed conviction or a revived spirit, they should be in a better shape because of you. This tangible benefit is an evident of your success as a trainer. After all, who are the ones who get invited back and referred time and again? Aren't they those who have impacted the participants positively? So aim to make a positive difference in people's life through all your training. You can do that by beginning with the end in mind. Define the desired outcome. Then educate their minds, touch their hearts and finally engage their will. When you have trained yourself to do all these competently, you will discover immense joy in training. By then, secondary things such as glamour, money and the like will follow after you.

### APTS – 39<sup>th</sup> Networking & Training Workshop – 26<sup>th</sup> February 2009 (Thu)



GROUP PHOTO TAKEN - Highest Turnout in Y2009 on 26 February 2009 @ ERC Institute



Classroom are full of Members & Guests



President gave appreciation to speaker Paul



President gave appreciation to speaker Deborah

Please Visit APTS Website @ [www.apts.com](http://www.apts.com) for more  
**LATEST INFORMATION, MEMBERSHIP BENEFITS and EVENTS.....**



Members & Guests registration



MC Ong Kian Boon gets the ball-rolling



President gave opening address



Paul Campbell gave his presentation



Deborah Toress gave her presentation



Members & Guests networking during T-breaks



EXCO Members & New Member Networking



Regular Guest and Newly Joined Guest Networking



Regular Guests Networking during T-breaks

**APTS welcome the Newly Joined Members – CONGRATULATION  
on your first step towards self enrichment**



Mr. Shaun Wu

Company : TNT Express Worldwide (S)  
Position : Area Sales Manager  
Email : shaun.wu@pac.com  
Website : www.tnt.com



Mr. Dennis Kwan

Company : Dennis Kwan Consulting Services  
Position : Consultant / Coach  
Email : dennis-kwan@dennis-kwan.com  
Website : www.dennis-kwan.com



Ms. Agnes Koh

Company : Etiquette & Image International  
Position : Director  
Email : agnes@etiquetteimageint.com  
Website : www.etiquetteimageint.com

**NOTICE :** 40<sup>th</sup> APTS Networking & Training Workshop on **26<sup>th</sup> March 2009** shall be held at **TÜV SÜD PSB Pte Ltd @ No1, Science Park Drive, Science Park 1, Singapore 118221**

## 40<sup>th</sup> APTS Networking & Training Workshop on 26<sup>th</sup> March 2009

### 1<sup>st</sup> Professional Speaker

### 2<sup>nd</sup> Professional Guest Speaker



**PROFESSIONAL SPEAKER'S PROFILE**  
**Agnes Koh**

**Making An Impression  
Your Personal Presentation**

**Ms. Agnes Koh**  
Director, Etiquette & Image International

Email : [agnes@etiquetteimageint.com](mailto:agnes@etiquetteimageint.com)  
Website : [www.etiquetteimageint.com](http://www.etiquetteimageint.com)



Agnes Koh is the founder and Director of Etiquette & Image International. She holds two accredited certifications: Image Consultant and Business Etiquette & Protocol Consultant from JBC, Windsor Ontario, Canada. She is a member of:

- Association of Image Consultants International (AICI)
- ISPEP (International Society of Etiquette & Protocol Professionals)
- Yoga Alliance International
- International Yoga Network


She is a recipient of "STCM Successful Entrepreneur 2009 Platinum Award".

She holds a BA (Hons) Business & Marketing, Advance Diploma in Marketing (CIM), Diploma in Yoga Teaching, Intermediate Pilates Certification and numerous accredited fitness certifications.

Agnes was an hotelier with more than 10 years experience in Sales & Marketing, Catering (MICE), Convention, Event management and Room Sales. As a Regional Sales & Marketing Manager, her forte was the unspoken elements of attentiveness, thoughtfulness, observant and detail-oriented. She illustrated respect, inspired confidence and shown genuine interest in people. Her exposures in various cultures and business protocols earned her numerous opportunities organizing high profile events. They were diplomats and government officials such as Minister Mentor Lee Kuan Yew, late President Ong Teng Chong, Ministers Wong Kang Seng, Mah Bow Tan etc. She was the former Sales & Marketing Manager of Alkaff Mansion and Planet Hollywood Singapore.

She turned adversity to opportunity when she converted her passion and interest into a profitable and experienced trainer in Yoga, Pilates, Fitness and Wellness. She developed the train-the-trainer Yoga Instructor Program in a renowned Fitness center. This recession-proof industry has kept her business growing to its new heights.

Agnes specializes in personal as well as corporate impression management, presentation, deportment, social & dining etiquette and business protocol. Her speaking engagement on Image and beauty from inside out is unique. Credited to her knowledge in the physical and human anatomy.



**PROFESSIONAL GUEST SPEAKER'S PROFILE**  
**Dr. James Leong**

**"Overcoming Adversity in these  
Uncertain Times"**

**Dr. James Leong**

- Country Director (Singapore) for the prestigious U.S. National Board of Professional and Ethical Standards (for Hypnotherapy & NLP Education)
- Board Certified Trainer of NLP and Hypnotherapy (USA)
- Master Trainer & Co-Developer of The Exoellerrated Life Coaching Program
- Master Practitioner of NLP & Hypnotherapy
- Master Enneagram Trainer

Email : [james@masterNLPcoach.com](mailto:james@masterNLPcoach.com)  
Website : [www.MasterNLPcoach.com](http://www.MasterNLPcoach.com)



Dr. James Leong is one of the country's leading authorities on Development Of Human Potential, Team-Building, Personal Effectiveness and Sales. Like Robert Dilts (one of the Co-developers of NLP and colleague of Drs. Bandler and Grinder), Dr. Leong believes spirituality is an important aspect of an established coaching methodology or behavioral transformation therapy.

Many of his students are medical and psychological professionals, including psychologists, and social workers.

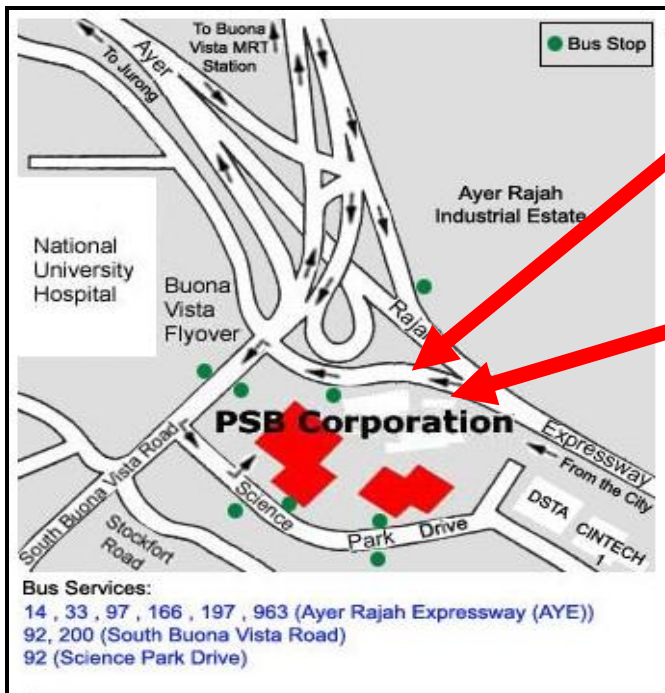
Dr. James Leong is also the Country Director of the prestigious U.S. "National Board of Professional and Ethical Standards" (NBPEs) in Singapore!

NBPES is one of the biggest and most established Cognitive Psychology and Hypnotherapy Boards in the U.S. and is affiliated with some of the following prominent organizations:

- 1) The oldest continuing, and most prestigious hypnosis organization in the world, "The British Association of Therapeutic Hypnotists" founded in 1951 in the U.K.
- 2) The Professional Board of Hypnotherapy, in Canada
- 3) The Australia and Spanish Hypnotherapy / Psychotherapy Associations
- 4) The UK's Psychological Society
- 5) American Board of Hypnotherapy

Dr Leong is also the first NLP Trainer invited by the "Insurance and Financial Practitioners Association of Singapore" (IFPAS) to conduct trainings in Enneagram and Sales.

## New Venue at TÜV SÜD PSB Pte Ltd – Location Map



40<sup>th</sup> APTS Networking & Training Workshop on 26<sup>th</sup> March 2009

**Address:**  
**TÜV SUD PSB Pte Ltd**  
(f.k.a PSB Building / SISIR Building),  
1<sup>st</sup> Floor, Newton Room  
No.1, Science Park Drive,  
Science Park 1,  
Singapore 118221

**Contact : Danny Ker**  
**Mobile : 65-9475-3182**  
**Tel : 65-6885-1174**

## APTS – 40<sup>th</sup> Networking & Training Workshop – 26<sup>th</sup> March 2009



### Association of Professional Trainers, Singapore 2009 CALENDAR

 - APTS Networking & Training Workshop  
 - Public Holidays

| JANUARY  |   |    |    |    |    |    | FEBRUARY |    |    |    |    |    |    | MARCH  |    |    |    |    |    |    | APRIL                        |    |    |    |    |    |    |
|--|---|----|----|----|----|----|----------|----|----|----|----|----|----|--|----|----|----|----|----|----|------------------------------|----|----|----|----|----|----|
| S  | M                                       | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S                            | M  | T  | W  | T  | F  | S  |
|  |   |    |    | 1  | 2  | 3  | 1        | 2  | 3  | 4  | 5  | 6  | 7  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 1                            | 2  | 3  | 4  | 5  | 6  | 7  |
| 4  | 5                                       | 6  | 7  | 8  | 9  | 10 | 8        | 9  | 10 | 11 | 12 | 13 | 14 | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 5                            | 6  | 7  | 8  | 9  | 10 | 11 |
| 11   | 12                                      | 13 | 14 | 15 | 16 | 17 | 15       | 16 | 17 | 18 | 19 | 20 | 21 | 15   | 16 | 17 | 18 | 19 | 20 | 21 | 12                           | 13 | 14 | 15 | 16 | 17 | 18 |
| 18   | 19                                      | 20 | 21 | 22 | 23 | 24 | 22       | 23 | 24 | 25 | 26 | 27 | 28 | 22   | 23 | 24 | 25 | 26 | 27 | 28 | 19                           | 20 | 21 | 22 | 23 | 24 | 25 |
| 25   | 26                                      | 27 | 28 | 29 | 30 | 31 |          |    |    |    |    |    |    | 29   | 30 | 31 |    |    |    |    | 26                           | 27 | 28 | 29 | 30 |    |    |
| New Year's Day – 1 January<br>Chinese New Year – 26 & 27 January |   |    |    |    |    |    |          |    |    |    |    |    |    |  |    |    |    |    |    |    | Good Friday – 10 April       |    |    |    |    |    |    |
| MAY  |   |    |    |    |    |    | JUNE     |    |    |    |    |    |    | JULY   |    |    |    |    |    |    | AUGUST                       |    |    |    |    |    |    |
| S  | M                                       | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S                            | M  | T  | W  | T  | F  | S  |
|  |   |    |    |    | 1  | 2  | 1        | 2  | 3  | 4  | 5  | 6  | 1  | 2  | 3  | 4  | 2  | 3  | 4  | 5  | 6                            | 7  | 8  |    |    |    |    |
| 3  | 4                                       | 5  | 6  | 7  | 8  | 9  | 7        | 8  | 9  | 10 | 11 | 12 | 13 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 9                            | 10 | 11 | 12 | 13 | 14 | 15 |
| 10   | 11                                      | 12 | 13 | 14 | 15 | 16 | 14       | 15 | 16 | 17 | 18 | 19 | 20 | 12   | 13 | 14 | 15 | 16 | 17 | 18 | 16                           | 17 | 18 | 19 | 20 | 21 | 22 |
| 17   | 18                                      | 19 | 20 | 21 | 22 | 23 | 21       | 22 | 23 | 24 | 25 | 26 | 27 | 19   | 20 | 21 | 22 | 23 | 24 | 25 | 16                           | 17 | 18 | 19 | 20 | 21 | 22 |
| 24   | 25                                      | 26 | 27 | 28 | 29 | 30 | 28       | 29 | 30 |    |    |    | 26 | 27   | 28 | 29 | 30 | 31 | 23 | 24 | 25                           | 26 | 27 | 28 | 29 |    |    |
| 31   | Labour Day – 1 May<br>Vesak Day – 9 May |    |    |    |    |    |          |    |    |    |    |    |    |  |    |    |    |    |    |    | National Day – 9 & 10 August |    |    |    |    |    |    |
| SEPTEMBER  |   |    |    |    |    |    | OCTOBER  |    |    |    |    |    |    | NOVEMBER   |    |    |    |    |    |    | DECEMBER                     |    |    |    |    |    |    |
| S  | M                                       | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S                            | M  | T  | W  | T  | F  | S  |
|  |   |    |    |    |    |    |          |    |    |    |    |    |    |  |    |    |    |    |    |    |                              |    |    |    |    |    |    |
| 1  | 2                                       | 3  | 4  | 5  |    |    | 1        | 2  | 3  | 4  | 5  | 6  | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 1  | 2                            | 3  | 4  | 5  | 6  | 7  |    |
| 6  | 7                                       | 8  | 9  | 10 | 11 | 12 | 4        | 5  | 6  | 7  | 8  | 9  | 10 | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 6                            | 7  | 8  | 9  | 10 | 11 | 12 |
| 13   | 14                                      | 15 | 16 | 17 | 18 | 19 | 11       | 12 | 13 | 14 | 15 | 16 | 17 | 15   | 16 | 17 | 18 | 19 | 20 | 21 | 13                           | 14 | 15 | 16 | 17 | 18 | 19 |
| 20   | 21                                      | 22 | 23 | 24 | 25 | 26 | 18       | 19 | 20 | 21 | 22 | 23 | 24 | 22   | 23 | 24 | 25 | 26 | 27 | 28 | 20                           | 21 | 22 | 23 | 24 | 25 | 26 |
| 27   | 28                                      | 29 | 30 |    |    |    | 25       | 26 | 27 | 28 | 29 | 30 | 31 | 29   | 30 |    |    |    |    | 27 | 28                           | 29 | 30 | 31 |    |    |    |
| Hari Raya Puasa – 20 & 21 September                              |   |    |    |    |    |    |          |    |    |    |    |    |    | Deepavali – 15 & 16 November<br>Hari Raya Haji – 27 November |    |    |    |    |    |    | Christmas Day – 25 December  |    |    |    |    |    |    |