



President, David Lee

### President's Message

The word “**Training**” seems to be in an unprecedented limelight over the past months and still is. While many industries are suffering due to the downturn, training and education are thriving. When the upturn comes, training activities will only increase. How then should trainers catch this wave for a long ride? Here are two good old foundations to be re-enforced.

First, be really good at your subject matter. Conduct a personal audit. Is whatever you are teaching still relevant and effective? Have the contents changed with time? Successful trainers keep themselves abreast of the latest developments in their industry. A good guide is to spend at least one-fifth of your work time reading up and researching. Go also beyond your subject matter or industry. Many innovations are simply ideas acquired from other industries. The book, *Blue Ocean Strategy* by W. Chan Kim and Renee Mauborgne, gives many great examples. An easy and fun way is to attend the APTS monthly workshops where you get to learn from trainers with diverse backgrounds. Remember, being one of the best in the subject matter will keep the doors of training opportunities wide open.

Second, be excellent in connecting with people. Good knowledge can be acquired through reading. The difference training makes is that a good trainer enables the knowledge to go in faster and deeper. Even a disinterested participant can become an enthusiast in the hands of a seasoned trainer. Making connection often involves the heart. Skilful use of body language, choice of words and illustrations are keys to making strong connection. While conducting a presentation assessment in Tokyo recently for a class of cardiologists who speak in seminars, I “operated” their hearts at one point by challenging them with this question, “*Your surgical equipments can reach people’s heart, but can your words also touch their heart?*”. To help trainers acquire good connecting skills, APTS has started developing its flagship programmes. Members will have priorities and preferential rates so look out for them in the months ahead. Aspire to be a trainer who connects well and soon you will realise that you are invited back or referred repeatedly.

May you keep growing as a successful trainer as you keep learning and practising. APTS will continue to provide you with practising platforms and facilitate your learning opportunities.

David Lee  
President

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



Group Photo of APTS Members & Guests

### Public Relationship Officer - Reports



Public Relationship Officer, Herman Yeo

Welcome to our newly elected President, Mr. David Lee who took office with effect from 16<sup>th</sup> March 2009. We also extend our congratulations to our Vice-President, Mr. Patrick Ang. Other new appointments and changes in our Executive Committee are Ms Esther Tan replacing Mr. Rajendra Gour as our Assistant Secretary who will assist Mr. Danny Ker. A new addition to the EXCO Committee is Mr. Patrick Tan, as our Executive Committee Member.

Our 41<sup>st</sup> Networking & Training Workshop is scheduled on 30<sup>th</sup> April 2009 to be held at TUV SUD PSB and we encourage members to bring in more guests and at the same

time, persuade them to join in as APTS members. All new members will be entitled with one box of APTS Business Card upon joining, this will be issued at no cost. Subsequently, if they want more cards, they can make reservations by purchasing them through APTS. Apart from this, an exclusive APTS Bag will be also issued free to newly joined members including APTS membership certificate and identification card.

Confirmation of “APTS Learning Festival Y2009” is scheduled for in the month of October 2009 and the event management is collaborated together with ComsLink International with the supported by Ms Jessin Lai and Mr. Vijaykumar. The actual dates will be announced soon as the Executive Committee are working with event management to have all the details to be reported in due course.

We strongly encourage all APTS members to contribute any write-up, articles, interesting topics, training tips or even any type of games, example; ice-breakers, training games or even magic tricks so that we all can benefit from it. These will be posted in our website under the “Articles” webpage for all to see and hence, we hope to inspire “would-be members” to join us because they can learn new things to become a Professional Trainer.

Thank You.

Herman Yeo  
APTS Public Relations Officer.

You can write to the Public Relationship Officer, Herman Yeo for more information and provide your feedback at this email:

[apts@apts.com](mailto:apts@apts.com)

**APTS welcome our Newly Joined Member**  
**CONGRATULATION** to her first step towards self enrichment and networking enlargement.



Name : Dr. Rita Goh  
Company : Aspirom Services  
Position : Social Entrepreneur, Professional Speaker and Trainer  
Email : rita\_goh22@yahoo.com  
Website : www.ritagoh.com  
Membership No. : G/0040/08

Dr. Rita Goh is a social entrepreneur, a professional speaker and trainer, a published author and an advocator of mental health. She is the founder of Aspirom Services, a leading provider of mental health education and counselling services.

Dr Goh is much sought after by the public and private sectors as a motivational speaker on topics related to mental health. She is also the author of two books, the latest of which is the best selling book, *Back from the Brink of Insanity*. The book chronicles Dr Goh's first hand experiences with mental illness and her eventual triumph over it.

In recognition of her varied and numerous contributions to the mental health community in Singapore, Dr Goh was appointed Ambassador of the Institute of Mental Health (IMH) in Oct 2008. Dr Goh's hobbies include singing, reading and table tennis. She is married with three grown up children, Ian, Olivia and Shaun.

**APTS – 40<sup>th</sup> Networking & Training Workshop – 26<sup>th</sup> March 2009 (Thu) – Photographs taken**



Members & Guests getting ready



EmritAsia put up a booth at APTS workshop



Master-of-Ceremony, Patrick Tan in action



MC announced new President, David Lee



President, David Lee gave opening address



President introduced plans for APTS

**For those who are interested to join APTS, please visit APTS Website @**  
**[www.apts.org.sg](http://www.apts.org.sg)**  
**to download the Membership Application Form**

APTS – 40<sup>th</sup> Networking & Training Workshop – 26<sup>th</sup> March 2009 (Thu) – Photographs taken



Agne Koh introduced her professional profile



Agnes talks on 10 Conclusions People



Agnes introduced the World of Colours



Agnes performed the 4 Seasons of Colours



Participants listened attentively to Agnes



President gave token of appreciation to Agnes



Abd Rahman introduced his professional profile



Participants listened attentively to Abd Rahman



Abd Rahman introduced 5S Contents



Abd Rahman informed 5S for self improvement



Abd Rahman shared the benefits of 5S



President gave token of appreciation to Rahman

40<sup>th</sup> APTS – Networking & Training Workshop –  
Effective from March 2009 - **APTS introduced Lucky Draw for APTS Members & Guests**



Dr. Asha won 1<sup>st</sup> Lucky Draw – book prize



Vijaykumar won 2<sup>nd</sup> Lucky Draw – book prize



Annie Koh (Guest) won the 3<sup>rd</sup> Luck Draw – book prize

**PAST EVENTS WITH HIGHEST RECORDS OF PARTICIPANTS**

31<sup>st</sup> January 2008 – 27<sup>th</sup> APTS Workshop



27<sup>th</sup> November 2008 – 37<sup>th</sup> APTS Workshop



25<sup>th</sup> September 2008 – 35<sup>th</sup> APTS Workshop



26<sup>th</sup> February 2009 – 39<sup>th</sup> APTS Workshop




Next 41<sup>st</sup> APTS Networking & Training Workshop on **30<sup>th</sup> April 2009** shall be held at  
**TÜV SÜD PSB Pte Ltd @ No1, Science Park Drive, Science Park 1, Singapore 118221**

## 41<sup>st</sup> APTS Networking & Training Workshop on 30<sup>th</sup> April 2009

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

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



**Professional Speaker's Profile**  
**Andy Ng**

**"UNWILLING TO UNFORGETTABLE"**  
*How to Train the Unwilling Trainees and Turn Them into Your Raving Fans*

The Most Important Things You Should Know About Your Local ACT Coach Andy Ng

Website: [www.trainingcoachingasia.com](http://www.trainingcoachingasia.com)  
Email: [andyng@action-international.com](mailto:andyng@action-international.com)  
Tel: 65-9743-4419  
Mobile: 65-8201-4347

Asia Coaching Training (Singapore)

Founded in 1986, Asia Coaching Training was, from 2001 to 2007, the Singapore Licensee of the world's largest business coaching firm, ActionCOACH, a company with offices in 26 countries since 1993. (ActionCOACH was previously known as Action International).

Asia Coaching Training is a team of dedicated professionals committed to building better business for companies in the areas of business training, coaching and consulting.

Our Vision: "Building People to Building Business".

**Introducing Your Business Coach Andy Ng**

- Business Coach, Consultant and Trainer, Andy is the founder of Asia Coaching Training. Andy Ng combines 23 years of corporate, entrepreneurial business, training and consulting experience, all with a great passion to help people to be more competitive and successful.
- Andy Ng graduates from NUS (1988) and has a MBA from the Heriot-Watt University of UK.
- Andy used to be the **Director of Finance, HR and Admin** of the world's 5<sup>th</sup> largest computer networking equipment supplier - Allied Telesyn International. The Group enjoys US\$420 million sales employing 1,300 staff worldwide. Andy's other experiences include banking at Chase Manhattan Bank, consultancy at KPMG and sales at Vickers Baltes Holdings Limited.
- As a trainer, trains companies on 3 major topics: sales, management and executive and high performance employee skills. Andy has trained SingTel and Sing Power for their multiple-run training Finance for Executives programs. On top of that, he also did countless training assignments for companies including Beckon Dickinson, Hwa Chong Institution, Coldwell Banker, Thomson Learning, SPH, DTZ Debenham, NTUC & AIA.

Since 1996, total people trained by Andy numbered 81,431 in 8 countries.

- The public workshops conducted by Andy are highly popular, and some of them were featured on MediaCorp Radio. Andy is also a Certified Trainer with the American Management Association (AMA), Advanced Training (UK) and Action International. He is also ACTA-certified by MOM's Workforce Development Agency (WDA).

If you too want to get the competitive edge in your business and career, sign up for Andy's business coaching and training programs today. Contact Andy at [hpa88@singnet.com.sg](mailto:hpa88@singnet.com.sg) or his mobile phone at 65-8201-4347.

Photo by Asia Coaching Training Business Coach and Trainer: Andy Ng Tel: 8201-4347



**PROFESSIONAL SPEAKER'S PROFILE**  
**Dr. Leong Sai Fan**

**Life of a Trainer & Consultant**

**Dr. Leong Sai Fan**  
Trainer & Consultant

Email : [sfleong@lqgoodman.com](mailto:sfleong@lqgoodman.com)  
Website : [www.lqgoodman.com](http://www.lqgoodman.com)

**Current Position and Work**

Dr Leong manages LQ Goodman & Associates, a small firm conducting business in training and consulting that focuses on organisation development and learning. The firm extends services to companies and collaborates with associates in the region.

He shares his interests in the development of business and corporate directions for companies and creating working cultures. He also assists companies to develop corporate strategies and takes keen interests in translating their business processes into high performance results. He approaches these through management and operating systems implementation as well as motivating people in the workplace. His experience in different business sectors provides him with training and consulting advantage, which is continually fed from some of the best practices in the industry.

Dr Leong believes in training and consulting as means of transferring skills and knowledge to companies who are looking to improve, both in their business management as well as in developing their employees.

Learning as adults seems particularly more challenging than learning as students in schools and tertiary education institutions. He believes companies should try multiple front approaches and apply hands-on guidance for executives in developing their organisations. These means help adults to continue to learn for life and not learn when the needs arise.

**Experience and Background**

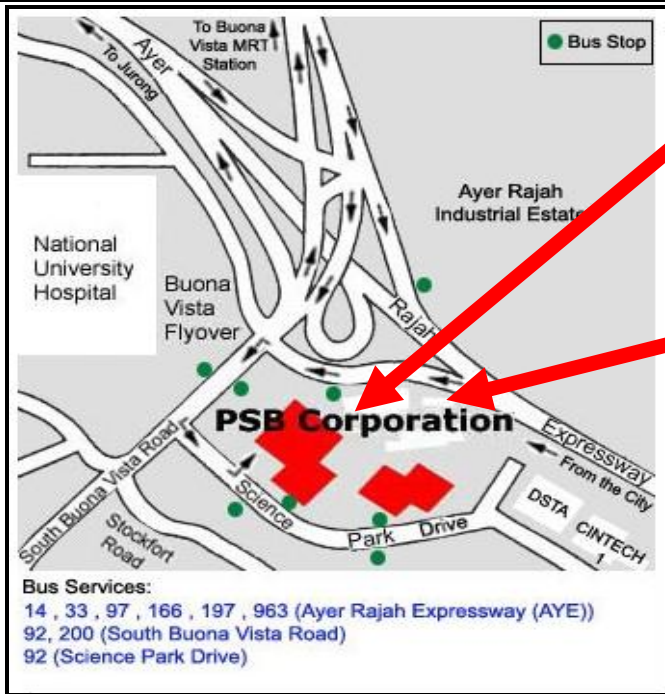
Over a span of the last 15 years, Dr Leong worked with companies and government agencies including consulting for the World Bank.

However, Dr Leong started his career as an academic and researcher teaching medical and dental students at the National University of Singapore. A trained biochemist, he published his work on neurochemistry in both international and regional journals. He took an active interest in quality management in the 1990s when he joined SISIR (Singapore Institute of Standards and Industrial Research) as its International and Marketing Manager, promoting international collaboration and technical cooperation with developing countries.

In 1996, he joined SQ Centre, and SIA Associated Company. He was GM for its Indonesian company and led it to a profitable and growing company, despite the political and economic turmoil then. He was later transferred to SQ Centre's Malaysian company and he again took it to a profitable concern. He left SQ Centre in 2003 to start his own firm with some associates.

Dr Leong qualifies as a certified national SQA assessor. He is also an accredited MBTI administrator and practitioner. Currently he serves on the expert panel for the PSCOE (Public Service Commission Organisation Excellence) of CSC (Civil Service College in Singapore).

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



41<sup>st</sup> APTS Networking & Training Workshop on  
**30<sup>th</sup> April 2009**

**Address:**  
**TÜV SÜD 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 Membership Benefits

The following merchandises have collaborated with APTS to provide special discount for **APTS Members only**

Dayspring Medical Group – [www.dayspring.sg/](http://www.dayspring.sg/)



Home Health Screening Health Promotion Medical Clinics Dayspring Group

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At Dayspring, we work harder for you.  
**The Dayspring Medical Group**

As a niche medical group, we work hard to not be your cog-in-wheel medical care provider, but to be your partner in health maintenance... through education, empowerment, and with a little bit of fun!

To appreciate your health better, consider **health screening**>>>

To bring health to your company, think **health promotion programmes**>>>

Make **Becoming Healthy Fun...**

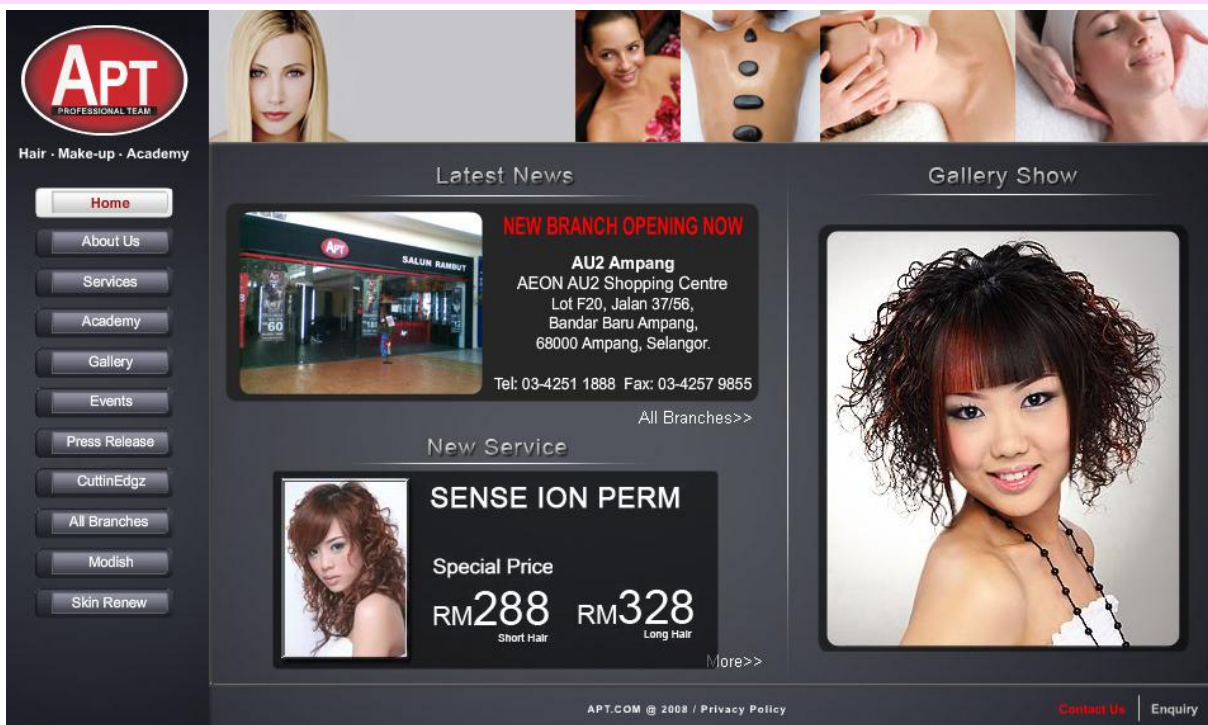
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**APT** PROFESSIONAL TEAM

Hair • Make-up • Academy

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**RM288** **RM328**  
Short Hair Long Hair

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## APTS Networking & Training Workshop – Calendar of Speakers

28<sup>th</sup> May 2009 (Thu)



**Ms Caroline Josephine Dawson**

Managing Consultant/Editor  
**CD Training Works**

Topic: Business of Building Relationships



**Mr. Adam K. K. Wong**

Executive Director,  
B.Acc, FCPA, Certified Professional Trainer  
**Mayvest Asia Pte Ltd**

Topic: Funding For Survival in Economic Crisis

25<sup>th</sup> June 2009 (Thu)



**Mr. Jerome Joseph**

Strategic Brand Expert and Information Entrepreneur  
**Brand One Pte Ltd**

Topic: Personal Branding for Speakers & Trainers




**Mr. Nishant Kasibhatla**

Trainer. Speaker. Author. Grand Master of Memory & World Record Holder  
**Memory Vision Pte Ltd.**

Topic: Boost Your Brain Power as a Professional Trainer

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## APTS – 41<sup>st</sup> Networking & Training Workshop – 30<sup>th</sup> April 2009

Association of Professional Trainers, Singapore																														
2009 CALENDAR																														
																														
- APTS Networking & Training Workshop - Public Holidays																														
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