



Association of Professional Trainers (Singapore)  
Genuine + Professional + Integrity

# APTS NEWS

Permit No. : MICA (P) 130/08/2006

A monthly publication by Association of Professional Trainers (Singapore) – July 2007 Issue

*Next Meeting On*

## 21st APTS Meeting - 30th August 2007 (Thurs)

@ Singapore Post Centre, GIG Education Centre, 10 Eunos Road 8, #B2-14, Singapore 408600 (Next to NTUC)

**starts at 7.00pm to 10.00pm**

Visit : [www.apts.sg](http://www.apts.sg)

## 30th August 2007 - ATTRACTION



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### Professional Speaker's Profile William Pang



**" How You Can  
Read a Person  
in 5 Minutes "**

#### Mr. William Pang

Email : [william.pang@handwritingprofiler.net](mailto:william.pang@handwritingprofiler.net)  
Website : [handwritingprofiler.net](http://handwritingprofiler.net)  
Mobile : 9645-7583  
Telephone : 02-6345-5770 / 02-6832-5012  
Facsimile : 02-6345-6713

Imagine within a few moments of meeting someone and looking at his or her handwriting and signature you are able to predict how he or she is likely to:

- Communicate
- Make decisions
- Perform on the job

This is no magic; you can do this through the use of graphology (handwriting analysis).

Discover how our personality influences the way we think, love, act and work.

At the end of this session, participants will learn the secrets of how to understand the basic personality of his boss, colleague, new girlfriend or a complete stranger in just 5 minutes.

See a showcase of the handwriting of famous and infamous personalities and how their handwriting tells about them.



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## Photographs of 26<sup>th</sup> July 2007 – APTS Meeting@ YMCA, Orchard Road

Opening Address by Vice President



Presentation by Mr. Ernest Chen



Q&A by Mr. Ernest Chen



Certificate of Appreciation to Mr. Ernest Chen



Famous Trainer presentation by President



Trainer's Tips presentation by Dr. Asha





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## About

# APTS



Message from Mark Chin, President,  
Association of Professional Trainers (Singapore)

The **Association of Professional Trainers (Singapore)**, or the **APTS**, was established in May 2006 by a group of trainers in both the fields of soft-skills and hard-skills. This is a clear sign that the field of learning, and therefore training, is growing rapidly in Singapore.

Training is about helping others do better in areas they may already be familiar with. This is achieved by introducing new methods, establishing best practices, reinforcing standards, providing new insights and making the task itself more enjoyable.

The APTS aims to assist its members by sharing knowledge and techniques in the field of training in order that their trainees may benefit from higher and ever-improving standards. There are also other programmes that enable its members to reach out to the community at large by organizing training festivals that involve the entire body of APTS members.

The APTS aims to promote the message of “ **Genuine, Professional and Integrity practices in the art and science of Professional Training** “. The pedagogy of Training is an on-going process and the learning journey can never stop if Professional Training is to consistently and constantly scale new heights in Singapore.

The APTS therefore welcomes more Professional Trainers to join its ranks of people dedicated to the art of training their trainees through sharing and participation in its programmes and social interaction in the spirit of sharing and participation.

To all our APTS members who have joined us in the first wave, I congratulate their drive to achieve success and higher standards by committing and sharing their time, energy and expertise in their respective fields with other Professional Trainers in the APTS programmes.

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Yours sincerely

**Mark Chin**  
**APTS President**



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## About APTS



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**Its objective is to help its members who are professional trainers, or who are aspiring to be professional trainers, achieve higher standards through its programmes that are dedicated to exposing them to a wide array of training practices from all disciplines.**

**The aim of these programmes is to enable its registered members and guests to network and gain insights into the skills, disciplines and creativity of fellow professionals in the field of training.**

**The APTS is governed by its members through the elected Executive Committee headed by its President and guided by its Constitution. An Annual General Meeting is held in accordance to the Constitution.**

**Membership in the APTS is by application on a prescribed registration form and the payment of the required fee and annual subscription. The APTS Executive Committee will decide on the acceptability of each application for membership and reserves the right to accept or reject any application for membership.**



## APTS Members Statistics

1. Total membership to date = 38 members
2. Attendance record registered to-date = 82 members including guests.
3. 19<sup>th</sup> APTS Meeting = 3 members signed up
4. 20<sup>th</sup> APTS Meeting = 3 members signed up

### Membership Benefits

- ◆ Opportunity to learn new training skills and techniques
- ◆ **Trainer's networking and contacts for opportunity**
- ◆ **Training assignment opportunities**
- ◆ **Learn from well-known experts, gurus and entrepreneurs**
- ◆ Experts' recommendation on ideas and information
- ◆ **APTS Members can use the initial as "mAPTS" in their business card.**
- ◆ APTS member CERTIFICATE
- ◆ Sharing of "Best Practices" on training & presentation deliveries
- ◆ **Database of APTS member skills and core competencies**
- ◆ Sales of training materials and books by members
- ◆ APTS Website promotion for qualified professional trainers
- ◆ **APTS's Toastmaster Club member**
- ◆ Fiesta event as Professional Sneaker

### APTS Meeting Agenda

- ◆ Registration & Refreshment - 7.00 pm to 7.30 pm
- ◆ President's Address - 7.30 pm to 7.45 pm
- ◆ **Professional Speaker for the Night** - 7.45 pm to 8.45 pm
- ◆ Teabreak & Network Session - 8.45 pm to 9.00 pm
- ◆ Tips for Trainers Session - 9.00 pm to 9.15 pm
- ◆ Famous Trainers & Topics - 9.15pm to 9.30 pm
- ◆ Members & Guests Networking Session - 9.30 pm to 10.00 pm
- ◆ End - 10.00 pm



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Association of Professionals Trainers (Singapore)

Registry of Societies # 2063/2006

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## APTS EXECUTIVE COMMITTEE (Office Bearers - Term 2006/2008)

President	:	Mark Chin (email: <a href="mailto:markchinapts@yahoo.com.sg">markchinapts@yahoo.com.sg</a> )
Vice President	:	John Teo (email: <a href="mailto:johnteo_sg@yahoo.com.sg">johnteo_sg@yahoo.com.sg</a> )
Honorable Secretary	:	Danny Ker (email: <a href="mailto:danny.ker@psbcorp.com">danny.ker@psbcorp.com</a> )
Asst. Honorable Secretary	:	Colin Foo (email: <a href="mailto:saytong@gmail.com">saytong@gmail.com</a> )
Honorable Treasurer	:	Ong Kian Boon (email: <a href="mailto:ongkb@starhub.net.sg">ongkb@starhub.net.sg</a> )
Membership Officer	:	Patrick Tan (email: <a href="mailto:patrick_sc_tan@yahoo.com.sg">patrick_sc_tan@yahoo.com.sg</a> )
Professional Development Officer	:	Lok Kheng Fun (email: <a href="mailto:khengfun@gig.edu.sg">khengfun@gig.edu.sg</a> )
Public Relationship Officer	:	Dr. Asha (email: <a href="mailto:smilemakers@pacific.net.sg">smilemakers@pacific.net.sg</a> )
Program Development Officer	:	Patrick Ang (email: <a href="mailto:patrick.ang@pacific.net.sg">patrick.ang@pacific.net.sg</a> )
Program Development Officer	:	Vijaykumar (email: <a href="mailto:vjkumar410@yahoo.com">vjkumar410@yahoo.com</a> )
Committee Members	:	
	•	James Chin (email: <a href="mailto:james861@singnet.com.sg">james861@singnet.com.sg</a> )
	•	Calvin Yeo (email: <a href="mailto:netwkcyj@starhub.net.sg">netwkcyj@starhub.net.sg</a> )
	•	Herman Yeo (email: <a href="mailto:yeokee@singnet.com.sg">yeokee@singnet.com.sg</a> )

## MEMBERSHIP INFORMATION

- 1) Membership Fee:
  - a) Entrance : **S\$50.00** (one-time charge only - payable upon registration) approval of membership within 2 weeks of election by EXCO)
  - b) Ordinary Member : **S\$120.00 per annum** (annual subscription)
- 2) Membership is open to:-
  - a) **Persons who are working as Professional Trainers and those who aspire to be Professional Trainers in their normal course of work and who are so properly qualified. They shall be admitted as Ordinary Members upon approval of membership by APTS EXCO.**
  - b) **For Membership registration, please write or call to Mr. Patrick Tan, Membership Officer at hp # 9683-3995 or email : patrick\_sc\_tan@yahoo.com.sg**
- 3) Membership & Guest Payment:
  - a) For payment of membership fee, please to **Mr. Ong Kian Boon**, Treasurer at email: **ongkb@starhub.net.sg**
  - b) **Non-member or those who have not decided to join APTS are also welcome to attend, but need to pay S\$15.00 for attendance and to cover costs on refreshment & facilities booking. Please make payment to Mr. Ong Kian Boon on the same day at the entrance when you attend.**

The Office Chamber, 230 Jalan Besar #04-01, Singapore 208906

Tel: 6398-0336 / Fax : 6398-0335 / HP: 9475-3182

Website : <http://www.apts.com> / Email Address : [apts@apts.com](mailto:apts@apts.com)



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## Trainer's Article by Peter Bhakta Chuah



### Title **Six-Steps To Better Breathing**

As trainers, we need to always keep a cool head and a calm mind. Just 5 minutes a day of breathing practice is a good investment of your time. It goes a long way in your health & happiness. Yogananda said, "learn to be calm and you'll be happy"

"Take a deep breath and calm down." If you've done it, you know a long, slow breath really does help. But can it do more than restore your composure?

Seems so. If done the right way, the simple act of breathing can help bring down your blood pressure (BP). Here's the six-step way to make it happen. (see below ↓)

#### **6 Steps to Better Breathing**

In a study, it took only 10 minutes of proper breathing technique daily to lower blood pressure considerably after 8 weeks. The people in the study used a high-tech, interactive audio program that guided their breathing with music. Here's the tech-free way to do your lungs -- and your Blood Pressure -- right.

1. Lie flat on the floor.
2. Take a deep, slow breath. Imagine your lungs filling up with air. (This should take about 5 seconds.)
3. As you breathe in, your belly button should be moving away from your spine – the result of your diaphragm pulling air into your lungs
4. Toward the end of your inhalation, your chest also may expand.
5. When your lungs feel nice and full, exhale slowly. (This should take about 7 seconds.)
6. You should notice your belly button pulling toward your spine as you exhale.

#### **Peter Bhakta Chuah**

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## Trainer's Article By Dr. Asha Karan

### TITLE

## Create More Business – with a Smile!

Dr. Asha Karan is a dental surgeon of more than 20 years experience, with her own dental practice, Smile Makers Dental Clinic. She is also a public speaker, giving talks on dental health to corporations and community groups. For more information, go to <http://www.smilemakers.com.sg/healthtalks.htm>

As a trainer, you must, of course, have knowledge of your chosen field.  
But that's not enough.  
As a trainer, you must have excellent course content and delivery skills.  
But that, too, is not enough.  
To be a successful trainer, you must sell yourself - to your clients and your trainees.  
To do that, let me refer you to an ancient Jewish Wisdom:  
"Those who wish to sell, must first learn to smile"

Think about it:

- ▶ A smile says, "welcome". It shows a willingness to accept or want to know someone. A smile, along with good eye contact, draws people to you. It tells the person receiving the smile that the giver is friendly and approachable.
- ▶ A smile puts the other at ease. When you smile at someone, it has an immediate and positive effect on that person. People like to be with people who make them feel good. And as the old maxim goes, people like to buy from people they like.
- ▶ A smile can also show that you are happy and comfortable with yourself. It is the confident sales person who makes the sale. Confidence is a large part of success and smiling is way of showing your confidence to others without saying a word.

Why do some people not use this valuable asset?

Well, it may just be a force of habit. In which case, practice smiling!  
Stand in front of a mirror and practise your smile. Say a few words of greeting or your opening remarks while practising your smile so that it will come more naturally to you.

If you have difficulty smiling because of a shy personality or a lack of confidence, get a pep talk from a friend – or psychologist.

If you simply don't like your smile, get help from a dentist!

(Check out what's possible at <http://www.smilemakers.com.sg/cosmeticproc.htm>)

Your smile is one aspect of your appearance that can be kept attractive long after middle-age has widened your middle, or time has taken its toll on your skin.

So flash that beautiful smile every time you

- ▶ Enter a room full of people
- ▶ Extend your hand to greet people
- ▶ Make a presentation

Soon, you will find yourself winning friends – and business!

### Dr. Asha Karan

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