

21ST ANNUAL EXECUTIVES' SUMMIT 2025

Journey of Professional Transformation

An Exclusive Invitation for Managers,
Executive Assistants, Secretaries, PAs,
HR Executives, and Professionals in
Administration, Operations, and
Customer Service – Don't Miss Out!



Tuesday, 29th April 2025
8:15AM – 5:30PM
Carlton Hotel Singapore

The 21st Annual Executives' Summit, exclusively presented by Fortress Intelligence, is one of Singapore's most highly anticipated professional development events, catering to managers, officers, executives, secretaries, and administrative professionals. AES 2025 will feature cutting-edge topics designed to inspire career growth and foster workplace transformation. Join over 5,200 past participants who have gained valuable insights from this event over the last 20 years, and take the opportunity to learn from our distinguished panel of expert speakers who will guide you on this impactful learning journey.

Highlights

- Golden Rules in Good Office Relationships
- Art of a Skilful Conversation
- Stay Calm Under Pressure
- Learn Stress Reduction Strategies
- Identify Triggers of Anger
- Adapting to Change
- Build Resilience in Unpredictable Environments
- Be the Victor of Your own Story
- Empower Your Future
- The Power of Gut Microbiome

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"Some people dream of success, while others wake up and work hard at it"

Mark Zuckerberg



James Suresh
Trainer & PR Consultant

Programme Chairman

James Suresh is a corporate trainer, PR consultant and bestselling author, with more than 30 years of experience specialising in Creativity, Interpersonal Communications and Motivation. With a background in corporate communications, James has coached senior executives in Communications, Public Speaking and Emotional Intelligence. He is a certified EQ trainer with 'Six Seconds Inc', NLP practitioner, NIE teacher and accredited PR practitioner. The co-creator of Singapore's comic icon 'Mr. Kiasu' and Kopi Thiam, James also has written award-winning books on Singapore and its culture.

The Art of Conversation

- The S.O.F.T.E.N. Approach
- 7 Ways to Start a Conversation
- 6 Ways to Maintain a Conversation
- How to End a Conversation on a High Note



Angie Toh
Peak Performance Coach

Angie Toh supports business leaders and executives in their professional and personal growth through coaching, facilitation and deep process work. With her strong background in sales, marketing, business and personal development, Angie's passion is to support professionals to succeed at their own terms and achieve breakthrough in their personal and professional life. Her mission in life is to facilitate and help others to gain insight into their true potential, to expand their awareness of who they could become as a person to live a purposeful, happy and successful life.

Angie was interviewed on Channel News Asia, Channel 5, Money FM and 938Live. She has facilitated many workshops covering areas of Leadership, Mindfulness, Ikigai, Enneagram, Stress and Emotional Management, Personal Effectiveness in Singapore, Myanmar, Malaysia, India, Vietnam, Hong Kong and China.

From Breath to Purpose: Discovering Your Ikigai for a Fulfilling Life

- Master Stress-Reduction Techniques: Learn simple breathwork practices to manage stress effectively and stay calm under pressure
- Demystify the concept of Ikigai: Understand what is ikigai and how we can live purposefully and intentionally
- Practical Strategies for Daily Integration: Leave with actionable methods to seamlessly incorporate breath work and purpose-driven practices into your everyday routine



Daniel Theyagu
Training Consultant

Daniel Theyagu is a globally recognized expert in business analysis and facilitation, having transformed the capabilities of over 1,000 organizations across 70 countries. His extensive experience and deep understanding of Agile methodologies, coupled with his ICF-accredited coaching certification, uniquely position him to guide working professionals in navigating the complex landscape of innovation.

Getting Comfortable with the Uncomfortable

- LIVING IN A VUCA-BANI WORLD
- Adapt to Change: Learn how to thrive in a VUCA-BANI world by transforming discomfort into a catalyst for growth
- Innovative Mindset: Develop resilience and a mindset ready to embrace uncertainty and innovation
- Practical Strategies: Gain actionable tools for shifting perspectives on discomfort and seizing new opportunities
- Ongoing Upskilling: Understand how continuous learning supports adaptability and resilience in unpredictable environments



Dr Joel Yang
Clinical Psychologist

Joel is a Clinical Psychologist and has been in practice since 2008. He has facilitated and conducted courses across corporate, government and educational institutions in Singapore and Australia. Covering topics ranging from mental health to workplace culture, Joel is adept and experienced in working with the stressors of professionals in the workforce face.

Anger is a secondary emotion, typically in response to an unmet need or unexpected outcome. Unmanaged anger has been linked to health problems as well as increased anxiety and depression. It can also lead to problems at work, at home, in relationships, and affect the overall quality of life. Understanding anger can help one recognise it as a signal to behave differently and be expressed in a healthy and even helpful manner.

Anger Management

- Identifying the triggers and early warning signs of anger
- Understand the anger cycle and link between thoughts and behaviours
- Learning techniques to calm down and be mindful of ones reactions



Dr Arwin Muruga
Coach & Training
Consultant

Dr. Arwin Muruga is a dynamic Coach, Trainer and Consultant with over 14 years' of experience in transforming people, culture and performance. With a Ph.D. and an MBA from the University of East London, he has worked with top multinational corporations like Plexus Manufacturing, Mattel Malaysia, Robert Bosch and Malaysia Airlines. Specialising in Leadership Development, Employee Engagement and Performance Management, he is known for his engaging and results-driven training. Fluent in English and Bahasa Malaysia, Dr. Arwin delivers impactful programs that drive measurable success.

Beyond corporate training, Dr. Arwin is committed to social impact. He has empowered nearly 500 single mothers through Women of Will (WOW) and helped 1,000 youths launch businesses with the Ministry of Youth and Sports. He also leads "Truckin'Tough," a 4WD expedition blending adventure with leadership training. Whether coaching executives or mentoring entrepreneurs, Dr. Arwin is dedicated to unlocking human potential and building high-performance cultures.

I Change - Victim vs Victor Mindset

- Be inspired and capitalise on the very circumstances that are limiting your Success now
- Are you feeling stuck, held back by external forces beyond your control in your career, relationships, or personal life?
- Unlock the secrets to reclaiming control and designing the life you've always dreamed of, no matter the obstacles
- Discover the transformative power of I Change—a journey from being a victim of circumstances to becoming the victor of your own story
- Walk away with practical tools and actionable techniques to create lasting change and empower your future



Dr Germaine Yong
Lead Scientist

Dr Germaine Yong is the lead scientist at the Asian Microbiome Library (AMILI), Southeast Asia's first and only precision microbiome company. She is also a senior scientist at the Singapore Institute of Food and Biotechnology Innovation (SIFBI). Trained in Biomedical Sciences (PhD, University of California, San Francisco) and Biology (BS, Duke University), Germaine leads both lab and clinical microbiome studies with a focal point on Asian foods and diets. She is passionate about scientific communication and has authored a children's comic book to help families learn more about the gut microbiome and healthy eating habits.

A Gutsy Approach to Wellness - The Microbiome's Role in Health and Nutrition

- Introduction to gut health and the gut microbiome
- The microbiome's role in health, wellness and active ageing
- Eating to feed your gut microbiome for health across life stages

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Lion Corporation
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Ministry of Environment and Water Resources
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Ministry of Manpower
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Ministry of Social & Family Development
Ministry of Trade and Industry
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MobileOne Ltd
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National Arts Council
National Cancer Centre Singapore
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National Heritage Board
National Parks Board
National Skin Centre
National University Health Systems
National University Hospital
National University of Singapore
Natsteel Holdings Pte Ltd
NEC Semiconductors Singapore (Pte) Ltd
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Ngee Ann Polytechnic
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Siemens Pte Ltd
Singapore Airlines
Singapore American School
Singapore Cancer Society
Singapore Cooperation Enterprise
Singapore Corporation of Rehabilitative Enterprise
Singapore Examination And Assessment Board
Singapore Exchange Limited
Singapore Eye Research Institute
Singapore General Hospital
Singapore Health Services Pte Ltd
Singapore Land Authority
Singapore Management University
Singapore Manufacturers' Federation
Singapore Police Force
Singapore Polytechnic
Singapore Pools Pte Ltd
Singapore Prison Service
Singapore Technologies
Singapore Tourism Board
Singapore Workforce Development Agency
SkillsFuture Singapore Agency
SingTel
SMRT Corporation
SPRING Singapore
Standard Chartered Bank
State Bank of India
Sumitomo Mitsui Banking Corp
Tan Tock Seng Hospital Pte Ltd
Temasek Polytechnic
The Arbitration Chambers Pte Ltd
Tokio Marine & Fire Insurance Co (S) Pte Ltd
Toyota Motor Asia Pacific
Tripartite Alliance Limited
Vicom Ltd
Volkswagen Group (S) Pte Ltd
Wyeth Nutritionals (Singapore) Pte Ltd
Workforce Singapore



Fun & fruitful day

Irene Yew
Senior Executive
JTC Corporation

The Executives' Summit is both informative & engaging

Annie Lim
Personal Assistant
Housing & Development Board



Enjoyable event with various topics that are relevant to us every year. Always feels great attending this and to be out of office a day to attend.

Jennifer Tan
Senior Secretary
Dimension Data Asia Pacific Pte Ltd

Awesome experience with Fortress Intelligence. Enjoyed myself at the event. Will practice what I have learnt at the Summit.

Tan Sinye
Admin Executive
MINDEF



The Summit exceeds my expectation with well created content and it is very entertaining. To the organisers, Fortress Intelligence, you have my special 'Likes'!

Kate Lee
Assistant Manager / PA
SIMTech

Fantastic outline of speakers. Very motivating & empowered us with relevant skills

Mohamed Rizwan
Assignment Support Manager
HR Quest Singapore Pte Ltd

Most definitely!!! Experienced & knowledgeable speakers! A big thank you to Fortress Intelligence for organising an excellent event!

Rejiny Das
Senior Executive
Singapore General Hospital



It was informative, enriching, yet fun & entertaining!

Jeanette Kweh
Executive Assistant
Skills Future

The knowledge & skills gained have proven to be invaluable in my work. Thank you for organizing such a beneficial event.

Ng Nyian Nyian
Executive Assistant
Workforce Singapore



I'm satisfied with Fortress Intelligence Summit. Topics cover varied interesting subjects which are delivered very well by qualified speakers.

Betty Wong
Personal Assistant
Ministry of Trade & Industry

Fun & great event to network and share.

Looi Sook Fong
Assistant Manager
Land Transport Authority



Very beneficial and encouraging - applicable to my everyday work duties.

Florence Lee En Lew
Personal Assistant
Ministry of Transport

It is a good Summit. Learnt a lot from the speakers!

Faridah Gulam
Admin Executive
Land Transport Authority

Very good event!

Florence Low
Personal Assistant
Ministry of Home Affairs

REGISTRATION FORM

In support of Children's Cancer Foundation (CCF),
Fortress Intelligence Pte Ltd will donate \$1,000 from the
21st Annual Executives' Summit 2025 to CCF.

Regular Fee: \$866.55

All fees include 9% GST, Summit kit,
2 tea breaks and 1 lunch.

SPECIAL DISCOUNTS

2024 Participants Early Bird Fee: \$648.55 (ends 31 Jan 2025)
Early Bird Fee: \$757.55 (ends 31 Jan 2025)

Please confirm _____ seat(s) for the 21st Annual Executives' Summit on 29th April 2025

1	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:
2	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:
3	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:
4	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:
5	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:
6	Salutation:	Given Name:	Surname:
Job Title:		DID:	Email:

Contact Person	Name:	Job Title:	Company:
Tel:	Fax:	Email:	
Mailing Address:			
Nature of Business:			

Cancellation & Refund Policy

Written notice of cancellation must be received 10 working days prior to an event and must be acknowledged by Fortress Intelligence. For cancellation received less than 10 working days before an event, no refunds will be made and all fees will remain fully payable.

I/We agree to the Cancellation & Refund Policy

Signature & Date

Bank Transfers

Bank Name: Maybank Singapore Ltd
Account Name: Fortress Intelligence Pte Ltd
Account Number: 04141096034

PAYNOW: UEN 200209943G

Please include bank charges for
Telegraphic Transfers.
(A copy of the bank transmission
is to be emailed/faxed to
Fortress Intelligence)

**E-Invoicing is
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Contact Us

TEL: 6334 8311

For Sponsorship/Opportunities:

Contact: Clara Adediji
Email: clara@fortressintelligence.com.sg

For Registration/Queries:

Contact: Melissa Beh
Email: registration@fortressintelligence.com.sg