



# Our Achievements

2022 Directors' Report



## Co-founder's Message

Yap Weiren

As the year 2022 has ended, I would like to take this opportunity to thank our team members, volunteers, clients, partners and everyone who have included The Lion Mind in their journey. It has been an incredible four years since we started in 2018.

This year has been exciting as we moved to our new premises at Cecil Street. This long-awaited centre upgrade is customised to suit our operations and improve our visitors' experience. Located within the Central Business District, this brings greater convenience to everyone.

I look forward to 2023 as we revamp our website, which will feature a booking management system. The new website allows our clients to exercise autonomy over their schedule and reduce the waiting time for scheduling matters.

Once again, I am grateful for everyone who assisted The Lion Mind and me in this journey to advocate for mental health. I hope to have your continued support in the future.



# Co-founder's Message

James Chong

With the launch of this Directors' Report 2022, The Lion Mind is almost five years old, an achievement for me and my fellow co-founder, Weiren.

There are many ups and downs, trial and error, coupled with the waves of COVID-19 over the last couple of years. With each wave of COVID-19 mutation, the community of mental health providers faces a different challenge. My team must constantly adapt and evolve to ensure that our clients do not miss quality mental health services. From online counselling during the height of the pandemic to having counselling sessions without wearing a mask, I would say that we are pretty successful.

The Lion Mind is grateful to be given the opportunity to work with various people and projects. We have explored providing couple therapy, family therapy, play-assisted therapy, and psychological assessments and diagnosis by bringing diverse expertise into our organisation.

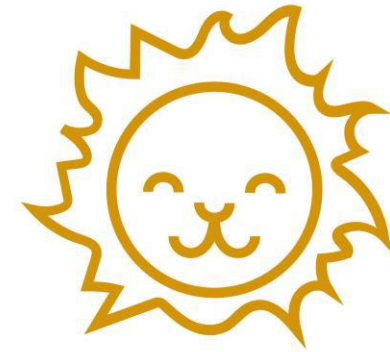
I am happy to be able to watch over the growth of my organisation and my team members. Many of my team members have graduated from the programme and are achieving greatness. It is heartening for me to see them achieve their dreams of becoming accredited mental health clinicians and specialising in their niche. I want to take this opportunity to thank them for their contributions and for allowing me to be part of their journey.

2022 has been an exciting year for my organisation. We have moved from our founding venue at Peace Centre to our current location at Cecil Street. The move is a significant milestone that symbolises our growth as an organisation.

Come April 2023 would mark our fifth anniversary. As we move towards endemic, we must constantly remind ourselves to have emotional resilience. The Lion Mind will continue to foster collaborations with our community and corporate partners and to provide affordable quality counselling & psychological services to the public.

# 2022 Achievements

- TLM Clinical Services Adjustments
- Community & Corporate Outreach
- Workshops
- Impact of COVID-19 Pandemic
- Industry Recognition
- Retainer Clinic Programme



**The Lion Mind**

*Counselling & Psychological Services*

# TLM Clinical Services Adjustments

## **Existing Services**

- Counselling & Psychotherapy

## **Streamlined Services:**

- Psychological Assessment using BASC -3

The Lion Mind constantly revises our services based on our client's needs.

In 2022, we have streamlined Psychological Diagnosis and brought in Psychological Assessment (BASC-3). However, the assessment does not fully meet the needs of our clients.

Streamlining helps us to focus our resources to provide better quality clinical services to our clients.



# Community & Corporate Outreach

# Community Webinar

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<b>Topic</b>	<b>Date</b>	<b>Speaker</b>
Coping with Grief & Loss	29 Jan 2022	Long Wei Qi, Shenice
Coping with Insomnia	20 Mar 2022	Long Wei Qi, Shenice
Career Options for Psychology Graduates	10 Apr 2022	James Chong
Coping with Caregiver Stress & Burnout	21 May 2022	Long Wei Qi, Shenice

# Community Webinar

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Topic	Date	Speaker
Coping with Depression	10 Sep 2022	Tan Jing Xuan Alicia
Coping with Insomnia	29 Oct 2022	Tan Jing Xuan Alicia
Coping with Caregiver Stress & Burnout	30 Nov 2022	Tan Wei Ling Amanda
Coping with Stress & Burnout	17 Dec 2022	Long Wei Qi, Shenice



# External Corporate Talk

<b>Organisation</b>	<b>Topic</b>	<b>Date</b>	<b>Speaker</b>
Fujitsu Singapore	Combating Workplace Stress & Burnout, A Definitive Guide	16 Feb 2022	Lai Wei Xuan, Vivien
Tampines Central CC	Combating Workplace Stress & Burnout, A Definitive Guide	08 May 2022	James Chong
Stroke Support Station	Combating Impostor Syndrome, A Definitive Guide	20 May 2022	James Chong
Furuno	Combating Workplace Stress & Burnout, A Definitive Guide	14 Jun 2022	Rachel Lim

# External Corporate Talks

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<b>Organisation</b>	<b>Topic</b>	<b>Date</b>	<b>Speaker</b>
Singapore Management University	The Definitive Guide to Combating Impostor Syndrome	13 Jun 2022	James Chong
Public Service Division	Mental Wellbeing, An Introduction	30 Jun 2022	James Chong
China Harbour (Singapore) Engineering Company Pte Ltd	The Definitive Guide to Combating Workplace Stress Burnout	19 Aug 2022	Lai Wei Xuan, Vivien

# External Corporate Talks

<b>Organisation</b>	<b>Topic</b>	<b>Date</b>	<b>Speaker</b>
China Communications Construction Company Limited (ARC) (Singapore Branch)	The Definitive Guide to Combating Workplace Stress & Burnout	5 Sep 2022	James Chong
Obayashi Corporation (Singapore Office)	The Definitive Guide to Combating Workplace Anxiety	22 Sep 2022	James Chong
Wee Chwee Huat Scaffolding & Construction Pte Ltd	Psychological Wellbeing, an Introduction	27 Sep 2022	James Chong

# External Corporate Talks

Organisation	Topic	Date	Speaker
Shanghai Tunnel Engineering Co (Singapore)	Common Mental Health Issues in Construction Sector	30 Sep 2022	James Chong
The Inland Revenue Authority of Singapore	Empowering & Connecting with your Child	11 Oct 2022	Lai Wei Xuan Vivien
Lum Chang Holdings Limited	The Definitive Guide to Combating Workplace Anxiety (x2)	27 Oct 2022	James Chong

# External Corporate Talks

Organisation	Topic	Date	Speaker
Progressive Builder	The Definitive Guide to Combating Workplace Anxiety	23 Nov 2022	James Chong
Progressive Builder	The Definitive Guide to Combating Workplace Anxiety	24 Nov 2022	James Chong
Nakano Singapore	The Definitive Guide to Combating Workplace Anxiety	24 Nov 2022	James Chong

# External Corporate Talks

Organisation	Topic	Date	Speaker
Progressive Builder	The Definitive Guide to Combating Workplace Anxiety	30 Nov 2022	James Chong
Nakano Singapore	The Definitive Guide to Combating Workplace Anxiety	1 Dec 2022	James Chong
Lum Chang Holdings Limited	The Definitive Guide to Combating Workplace Anxiety	14 Dec 2022	James Chong

# External Corporate Talks

Organisation	Topic	Date	Speaker
Shanghai Tunnel Engineering Co (Singapore)	The Definitive Guide to Combating Workplace Anxiety	15 Dec 2022	James Chong
Lum Chang Holdings Limited	The Definitive Guide to Combating Workplace Anxiety	21 Dec 2022	James Chong



## External Dialogue

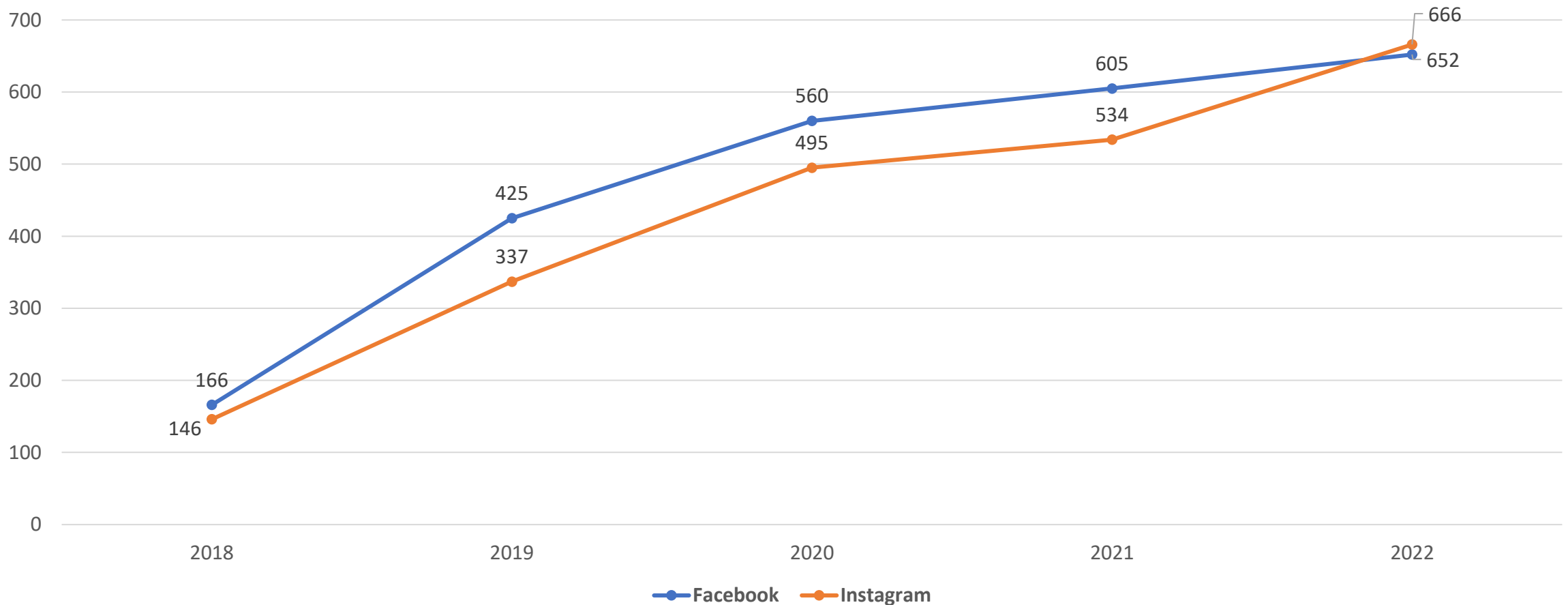
### Regional Educators Conference 2022

- **Host:** Singapore Institute of Management (SIM) Global Education
- **Theme:** Impact the Future of Education Today
- **Date:** 30 November 2022
- **Speaker:** Ms Lai Wei Xuan Vivien



# Community & Corporate Outreach

## Facebook & Instagram Outreach Figures





# Workshops

# Workshop

## **Graduate Certificate in Psychotherapeutic Approaches (*Cognitive Behaviour Therapy Specialisation*)**

Revised Syllabus (September 2022 Onwards):

- Focus in developing competent Psychotherapist / Associate Psychologists
- Focus on Psychotherapeutic Approaches
- Maximum 10 participants per workshop

### **At a Glance**

**Total Intake: 4**

**Total Participants: 39**

# Workshop

## **Basic Counselling Skills (Online)**

- As part of TLM give-back to the community, this workshop is complementary for anyone in Singapore
- Eligible participants can proceed to participate in TLM Professional Certificate in SFBT
- 47 participants have benefited

# Workshop

## Professional Certificate in Solution-focused Brief Therapy

- Designed for
  - Existing clinicians who requires additional psychotherapeutic approaches / tools
  - Psychotherapeutic Approaches graduates who are looking for upscaling
- 1 intake per year



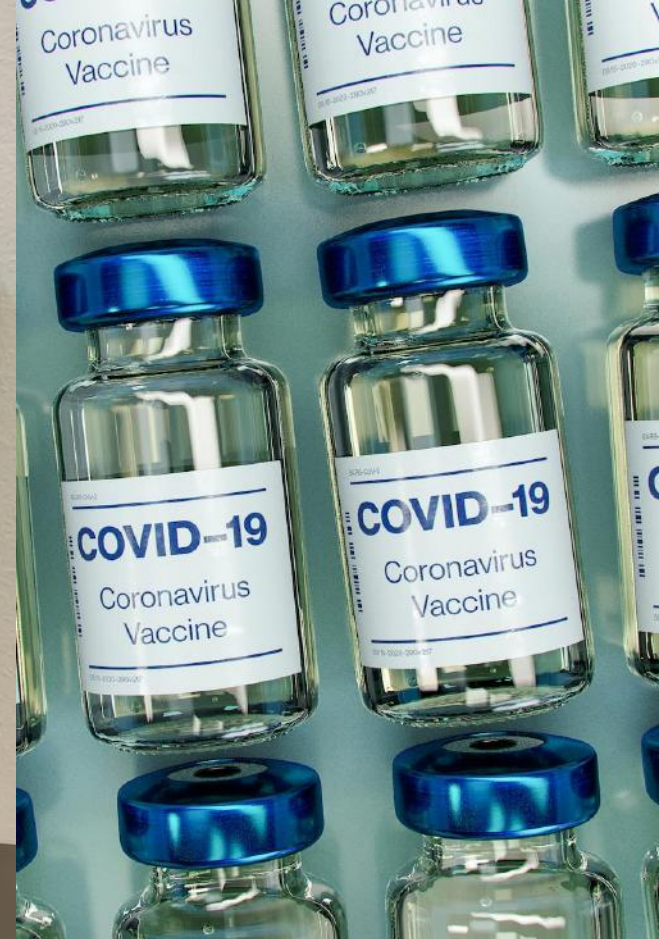
# Group Supervision

- The purpose of the group supervision is to provide affordable and holistic clinical supervision for APACS and ACA clinicians
- Date: 28 August 2022 (2 hours)
- More group supervision sessions for 2023 will be planned for workshop graduants



My  
**Well-being**  
Journal

My  
**Well-being**  
Journal



# COVID-19

Impacts & Follow-ups

# Impact of COVID-19 Pandemic

1. Relaxation of restrictions in Singapore
  - Mask-wearing is optional from 29 August 2022
  - Bottled water provided for counselling clients
  - Hot water and bottled water provided for workshop participants
2. Increased demand for Mental Wellbeing and Wellness Programme
  - WSH Total Workplace Safety and Health Programme
  - Retainer Clinic programmes
3. Increase in Physical Community Outreach Programmes in Singapore
  - More Collaborations
    - E.g., Happiness Initiative 10/10 Community Wellbeing programme







TLM New Counselling Centre!

# Counselling Centre

- The Lion Mind started in Peace Centre as a 2-room office in September 2018. We used one room for counselling & psychotherapy and the other for workshop and reception.
- We expanded into a 4-room office over 3.5 years, adding one more counselling room and office space for an expanding team.
- In July 2022, we moved to our current space in Tung Ann Association Building, located in Cecil Street. We have a dedicated workshop room, a staff room, two counselling rooms, a reception area, and a relaxing waiting area for accompanying guests.





# Retainer Clinic Programme

# EAP (Corporate Talks)

- The Lion Mind is working with Healthway Medical in providing mental health talks and workshops.
- This is part of the Total Workplace Safety and Health (WSH) Programme.

CHUBB®



Health Screening & Coaching Package



Weight Management Package



Ergonomics Package



Mental Well-being Package



Infectious Disease Control Package



Safety Coaching Package



General Safety & Health Talk Package

# New Retainer Clinic

- The Lion Mind has established three (3) new retainer services starting January 2023
  - HostSG
  - Oneasiahost
  - SG.GS
- The Lion Mind is grateful to be given the opportunity to provide retainer services to these mentioned organisations





# Our Achievements

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