



Public CPD Points: 1.5



Supporting Organisations



The Mindful Business Charter – Practice and Perspectives

Thursday, 5 August 2021, 5.00pm – 7.00pm

About this Webinar

Stress impacts our health and also the way our brain works, affecting the quality of our work and making us and our businesses less effective. With the pandemic driving new norms, not only are the typical workplace stressors compounded, many of us have also had to deal with newer pandemic-related stressors.

As arbitration practitioners, we recognize that there will be times when long-hours and stress cannot be avoided. Having said that, much of our stress is caused by the way we work and interact with each other, the unconscious, unnecessary and often unnoticed impact we have. What if we could be more aware of our impact – and had the permission and courage to speak up?

The Mindful Business Charter is a practical framework that encourages us to be more thoughtful about the impact we have on each other. The objective of the Mindful Business Charter is to remove unnecessary sources of stress and promote better mental health and wellbeing in the workplace. It allows us to talk openly and honestly with others, by providing a common language built on four pillars – (i) Openness and respect, (ii) Smart meetings and emails, (iii) Respecting rest periods and (iv) Mindful delegation.

In this webinar, our speakers will share their perspectives on workplace stressors and the ways in which one may cope with these stressors. The panel will also discuss the Mindful Business Charter, its objectives and the conversations that have started on this topic in our profession and beyond.

5.00 – 5.10pm	Opening Remarks
5.10 – 5.25pm	Introduction to the Mindfulness Business Charter <i>Mr. Richard Martin – Director, Byrne Dean Ltd</i>
5.25 – 6.30pm	Panel Discussion <ul style="list-style-type: none"> <i>Ms. Susan de Silva – Life Coach</i> <i>Mr. Brian Henderson - Founder, Whole Business Wellness Limited</i> <i>Ms. Elaine Seow – Director, Focus Law Asia LLC</i> <i>Mr. Jordan Tan - Co-Managing Partner, Audent Chambers LLC</i>
6.30 – 7.00pm	Q&A Moderated by Webinar/Seminar Chair and Networking

About the Facilitator



Ms. Susan de Silva was a practicing lawyer for more than 30 years in Singapore and England until she retired in 2018. She is now a Life Coach.

Susan was one of the founding partners of Singapore law firm Bird & Bird ATMD LLP, which has evolved into a global alliance with an international firm. Susan has enjoyed building the firm's Corporate Law and Environmental Law practices, and its regional Employment Law practice. As a co-founding partner, former practice head and the firm's Managing Partner for some years, she has learned about organisational and personal effectiveness, and she continues to learn.

Susan began coaching in 2015 while still in legal practice. She is a Certified Professional Coactive Coach, an Associate Certified Coach with the International Coaches Federation, and is now completing an advanced course on the neuroscience of coaching. In addition to coaching, Susan speaks and writes on the topic of creating working environments in which people can go to work feeling engaged and go home feeling fulfilled. She contributes to the

Law Society of Singapore's Practice Well programme which is an initiative "aimed at helping all legal professionals find their balance to thrive in this increasingly hectic industry". She is also an associate trainer with Byrne-Dean, a leading workplace behaviour consultancy that helps organisations all over the world create kinder, fairer, more productive workplaces.

About the Speaker



Mr. Richard Martin is a speaker, writer, trainer and thinker around mental health in the workplace.

His first career was an employment lawyer in London. He trained with Gouldens, becoming a partner in that firm before its merger with global firm Jones Day, where he served as a partner for three years. He then moved to City firm Speechly Bircham where he ran the large employment practice and served on the management committee. The plan to become more involved in management took an unexpected turn when, in 2011, he suffered a serious mental breakdown, spent a month in hospital and undertook a lengthy recovery process. Richard is now a director of workplace consultancy byrne dean where he leads on their mental health work. He spends much of his time in an increasingly global training environment raising awareness of mental health, helping people understand their own mental health as well as how they can be more supportive of and understanding towards others, making mental health part of the conversation at work. Richard co-chairs the steering committee of the Lord Mayor of London's This is Me campaign to raise awareness and reduce the stigma around mental illness through the power of personal story telling. He also leads Byrne Dean's work promoting and developing the Mindful Business Charter which is a cross business initiative focusing on the ways in which we work within and between our organisations and looking

to remove the unnecessary sources of stress – helping us all be more aware of the impact we have on each other as well as giving a framework and a permission to talk about it, creating healthier and more effective working environments as a result. He has undertaken foundation level studies in psychotherapy and counselling, is a mental health first aid instructor and an accredited coach. Richard's book "This too will pass – Anxiety in a professional world", published in 2018, is a memoir of his experience of illness and recovery



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Mr. Brian Henderson founded Whole Business Wellness in 2020 to provide multi-disciplinary wellness services to organisations using yoga, mindfulness, resilience building, culture change, design thinking and 30 years of business leadership experience to build wellness management capabilities at individual, team and organizational level. Previously, Brian was Chief Operating Officer at Baker McKenzie for 8 years and before that spent 13 years at Linklaters in a variety of global leadership roles. Brian is a board member of The Women’s Foundation and was co-founding Chair of the Male Allies initiative. He was recognised for this as the 2017 American Chamber of Commerce Champion for the Advancement of Women. Brian is a Principal Partner in YourBoard, providing board level advice and consulting to SMEs. Brian was born in Belfast and has previously lived and worked in London and Paris. He is a qualified lawyer, has an MBA from Cranfield University and is an accredited MBTI practitioner, Mental Health First Aider and Smart Collaboration Accelerator accredited partner. Brian and Mary have two adult children living and working in the UK and a West Highland terrier living with them in Hong Kong. Brian enjoys yoga, meditation and watersports.



Ms. Elaine Seow is the head of the corporate department in Focus Law Asia LLC. She began her legal career as a litigator in Singapore. She practiced briefly in London as a property litigation solicitor, working with various barristers and Queen’s Counsel. Upon her return to Singapore, she focused her practice as a corporate lawyer. In the course of her 20 years in practice, she has regularly advised MNCs, SMEs, institutions of higher learning on their commercial contracts and employment law matters. She has represented parties in mergers and acquisitions, joint ventures deals in the information technology, food and beverage and the medical and healthcare sectors. Clients consult her on a wide range of general corporate, commercial and employment law matters. In 2016, she was included in the list of Singapore Business Review’s “40 under 40 Influential Lawyers” and has been mentioned in the Legal 500 in her practice area of **Employment Law**. She has authored a few publications on Charity Law and co-authored **Halsbury’s Laws of Singapore, “Company Law, Vol 6”** (2018 re-issue edition). Elaine is a busy mother of two teenagers and tries her best to keep a balanced work-life routine. Mental wellness for her and the

ones around her is a priority to her.



Mr. Jordan Tan graduated from the National University of Singapore in 2008 with first class honours, winning prizes for being the top student in the final year exams, and served as a Justices’ Law Clerk to the Supreme Court Judges. He is regularly instructed as counsel and has been appointed *amicus curiae* twice including by the Chief Justice in a landmark case on judicial mercy. He has been ranked as a “Next Generation Lawyer” and “Rising Star” in Legal500 and described as “*smart, professional, persuasive, organised and a future SC.*” He is also recognised in Prestige’s 40 under 40 listing as a “Leader”. A member of the Singapore Academy of Law’s Law Reform Committee and Professional Affairs Committee, he has led arbitration-related reform initiatives which recommendations have been accepted by the Ministry of Law. He has also taught at his alma mater, winning the Faculty Teaching Excellence Award in 2010.

REGISTRATION CLOSING DATE: <u>2nd August 2021</u>	FEES
SI Arb Members	Complimentary
Others	S\$ 30.00

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Practice Area: **Professional Skills**

Training Level: **General**

Public CPD Points: **1.5**

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