



BRIDGING
HEALTHCARE &
COMMUNITIES

INTERNATIONAL NON-COMMUNICABLE DISEASES EXHIBITION & CONFERENCE



EVENT ORGANISERS:



EVENT MANAGER:



WorkWell Summit by JPMC

8th October 2025

8.30am - 4.30pm

Sepakat 5, Sejati 3 & Sejati 4,
International Convention Centre, Brunei Darussalam

8.30am - 9.30am | Arrival of Participants, Registrations & Networking Breakfast

9.30am - 9.45am | Welcoming Remarks by Chief People Officer of Jerudong Park Medical Centre, Salehin Basir

10.00am - 10.30am | From Policy to Practice: Building a Culture of 'Sejahtera' in Healthcare

J. Tracy Ramantan-McGlynn, Associate CIPD, Senior Human Resource Officer, Jerudong Park Medical Centre

WorkWell Summit by JPMC Special: Choose The Session That Best Fits Your Interest!*

**First Come, First Served*

11.00am - 12.30pm | Sepakat 5 Room

Best HR Practices: Shaping Health and Performance Through Workplace Wellness

MODERATOR J. Tracy Ramantan-McGlynn, Associate CIPD, Senior Human Resource Officer, Jerudong Park Medical Centre

PANELISTS

Salehin Basir, FCIPD, Chief People Officer, Jerudong Park Medical Centre
Najib Annuar, FCIPD, Acting Assistant Chief Human Resources Officer, Bank Islam Brunei Darussalam
Chiam Chin Huei, Deputy Head of Group Human Resources, Baiduri Bank

10.30am - 12.30pm | Sejati 3 Room

Evidence-Based Policies in the Bruneian Workplace*

Haji Mohammad Zulfan Farhi bin Haji Sulaini
Certified Corporate Wellness Specialist &
Founder of JIWA

Limited to
50 PAX
(First Come, First Served)

11.00am - 12.30pm | Sejati 4 Room

**From Overwhelm to Clarity:
Self-Coaching for Emotional
Wellbeing***

Juliana Lim
Holistic Wellbeing Coach

Limited to
50 PAX
(First Come, First Served)

12.30pm - 1.30pm | Networking Lunch | Lunch will be provided

1.45pm - 2.45pm | The Different Drivers of Burnout in Diverse Workplaces in Brunei

Haji Mohammad Zulfan Farhi bin Haji Sulaini, Certified Corporate Wellness Specialist & Founder of JIWA

3.00pm - 4.30pm | Bridging The Gap: Mental Health Strategies Across Generations in Organisations

MODERATOR Azeem Kamarulzaman, FCIPD, Senior Human Capital Development Associate, Darussalam Assets

PANELISTS

Todd McPherson, Managing Director & Counselling Psychologist, Clarity Sdn Bhd
Nurahlina Alli, MCIPD, Senior Human Capital Development Associate, Darussalam Assets
Laila Li, Country Head, Human Resources, Standard Chartered Bank Brunei

4.30pm | Closing Remarks



Panelists



Salehin Basir, FCIPD
Chief People Officer,
Jerudong Park Medical Centre



Najib Annuar, FCIPD
Acting Assistant Chief Human Resources Officer,
Bank Islam Brunei Darussalam



Chiam Chin Huei
Deputy Head of Group Human Resources,
Baiduri Bank



Todd McPherson
Managing Director and
Counselling Psychologist of Clarity Sdn Bhd



Nurahlina Alli, MCIPD
Senior Human Capital Development Associate,
Darussalam Assets



Laila Li
Country Head, Human Resources,
Standard Chartered Bank Brunei

Panel Moderators



Azeem Kamarulzaman, FCIPD
Senior Human Capital Development Associate,
Darussalam Assets



J. Tracy Ramantan-McGlynn*
Senior Human Resource Officer, Associate CIPD,
Jerudong Park Medical Centre

Featured as Speakers

*Holds dual role



Haji Mohammad Zulfan Farhi bin Haji Sulaini*
Certified Corporate Wellness Specialist
and Founder of JIWA

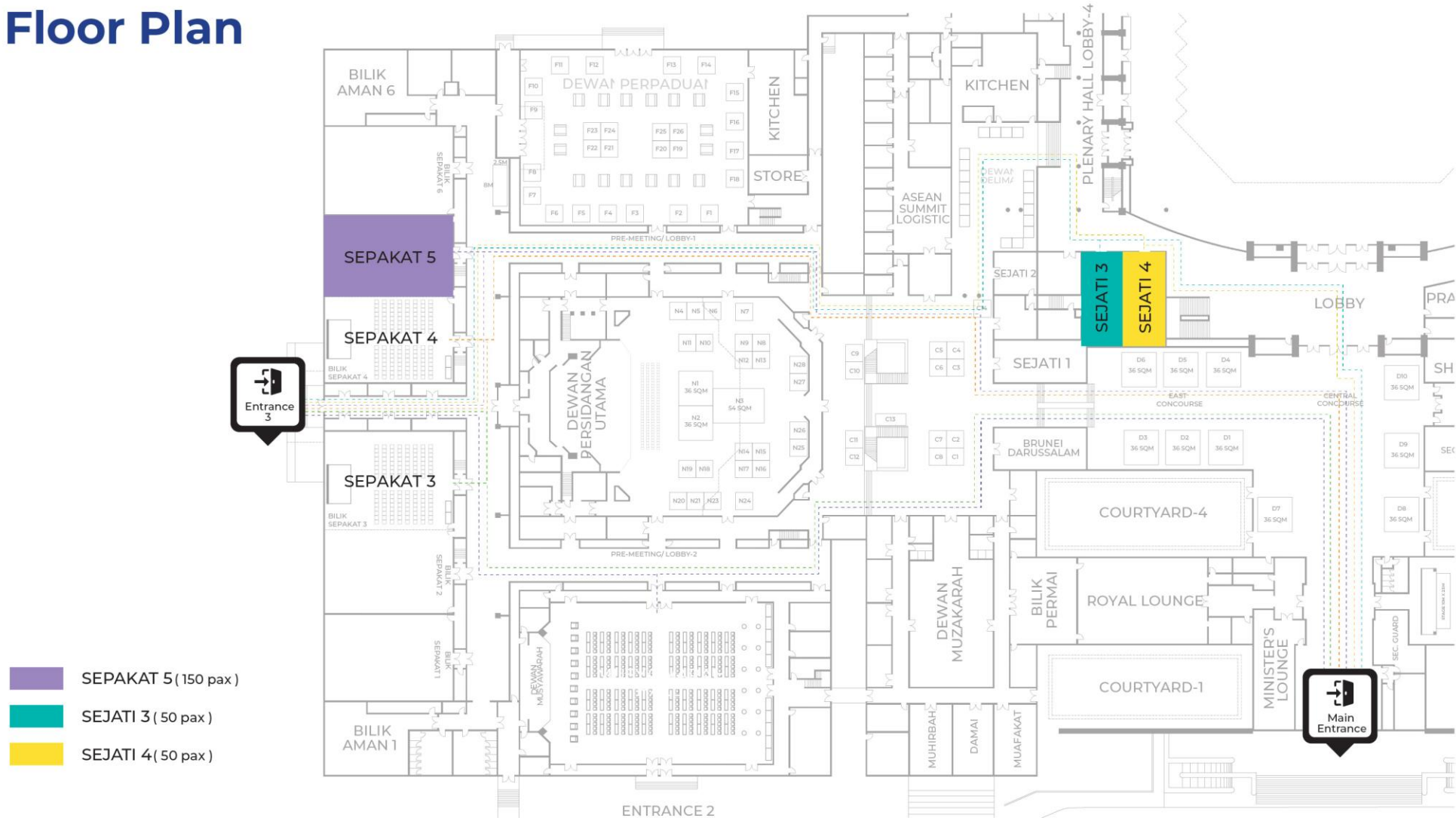


Juliana Lim
Holistic Wellbeing Coach

Workshop Facilitators



Floor Plan



Talk

From Policy to Practice: Building a Culture of 'Sejahtera' in Healthcare

10.00am - 10.30am

Sepakat 5 Room, International Convention Centre, Berakas

This session explores how JPMC moved beyond written policies to truly embed the values of **Sejahtera**, a holistic concept of **wellbeing** encompassing safety, balance, trust, and compassion into everyday practice.

Drawing on the **Sejahtera Framework** as a guiding model, the talk highlights how leadership accountability, systems design, and grassroots engagement come together to create a **culture** where employees feel safe, supported, and motivated to deliver **quality** care.

Practical examples from JPMC will be shared, illustrating how **policies** on safety, mental health, and employee engagement are translated into employee experience.

J. Tracy Ramantan-McGlynn

Senior Human Resource Officer,
Associate CIPD, Jerudong Park Medical Centre



Panel Discussion

Best HR Practices: Shaping Health and Performance Through Workplace Wellness

11.00am - 12.30pm

Sepakat 5 Room, International Convention Centre, Berakas

This panel discussion **brings together** HR leaders from healthcare and corporate sectors to share practical strategies for **advancing** employee wellness as a driver of organisational **performance**.

The session will unpack best practices in building **healthy workplaces**—from designing policies that promote mental and physical wellbeing, to embedding wellness into leadership accountability, performance management, and organisational culture.

Panelists will highlight lessons learned, innovative initiatives, and measurable impacts that demonstrate how investing in wellness **strengthens** employee engagement, reduces risks, and sustains high performance.

MODERATOR

**J. Tracy
Ramantan-
McGlynn,
Assoc CIPD**

Senior Human Resource Officer,
Jerudong Park Medical Centre



PANELIST

**Najib Annuar,
FCIPD**

Acting Assistant Chief Human
Resources Officer, BIBD Bank



PANELIST

**Salehin
Basir,
FCIPD**

Chief People Officer
Jerudong Park Medical Centre



PANELIST

**Chiam
Chin Huei**

Deputy Head of Group
Human Resources, Balduri Bank



Workshop

Evidence-Based Wellness Policies in the Bruneian Workplace

10.30am - 12.30pm*Sejati 3 Room, International Convention Centre, Berakas*

This workshop will equip participants with practical knowledge on **designing and implementing wellness initiatives** that are data-driven, culturally relevant, and aligned with Brunei's national priorities.

Expect insights into global best practices and local case studies, guidance on using employee data to justify **wellness investments** and hands-on activities to draft policies covering mental, physical, cultural, and financial wellbeing.

The session will also highlight how **effective wellness strategies** can boost engagement, productivity and retention, while providing participants with tools, frameworks and real-world examples to adapt within their own organisations.



**Haji Mohammad Zulfan Farhi
bin Haji Sulaini**

Certified Corporate Wellness Specialist,
Founder of JIWA

Workshop

From Overwhelm to Clarity: Self-Coaching for Emotional Well-Being

11.00am - 12.30pm

Sejati 4 Room, International Convention Centre, Berakas

This 60-minute interactive workshop introduces participants to one of the **self-coaching** tools that can be used to understand their feelings, challenge unhelpful thoughts, and discover strategies to manage stress and overwhelm.

Using worksheets and post-it notes for structured reflection, participants can choose to share insights verbally or anonymously.

The facilitator will highlight common themes to **help** participants **feel less alone** and consider new, more supportive perspectives, while maintaining a safe and respectful environment.

The session focuses on one self-coaching tool; additional strategies can be introduced in future workshops if desired.



Juliana Lim

Holistic Wellbeing Coach

Talk

The Different Drivers of Burnout in Diverse Workplaces in Brunei

1.45pm - 2.45pm

Sepakat 5 Room, International Convention Centre, Berakas

This session examines the unique factors contributing to burnout across Brunei's workplaces, where cultural diversity, generational expectations, and sectoral demands intersect.

It will explore how workload pressures, limited boundaries between work and personal life, and differing communication styles can influence stress levels and resilience.

Drawing from local workplace contexts, the talk highlights the importance of recognising these varied drivers and tailoring interventions that respect Brunei's multicultural workforce.

Participants will gain insights on practical approaches to prevent burnout, foster psychological safety, and sustain long-term wellbeing at work.



Haji Mohammad Zulfan Farhi bin Haji Sulaini

Certified Corporate Wellness Specialist,
Founder of JIWA



Bridging the Gap: Mental Health Strategies across generations in organisations

3.00pm - 4.30pm*Sepakat 5 Room, International Convention Centre, Berakas*

This session explores how mental health challenges manifest differently across generations in the workplace, from younger employees navigating entry-level pressures to senior staff balancing leadership responsibilities and life transitions.

It will highlight how stigma, communication preferences, and coping mechanisms vary by age group, and how organisations can design inclusive strategies that meet these diverse needs.

Practical approaches—such as intergenerational dialogue, flexible support systems, and leadership modelling—will be shared to show how bridging these gaps can strengthen resilience, reduce stigma, and build a healthier, more connected workforce.

PANELIST

**Nurahlina Alli, MCIPD**Senior Human Capital Development Associate
Darussalam Assets

PANELIST

**Todd McPherson**Managing Director and Counselling Psychologist
Clarity Sdn Bhd

PANELIST

**Laila Li**Country Head, Human Resource
Standard Chartered Bank Brunei

MODERATOR

**Azeem Kamarulzaman, FCIPD**Senior Human Capital Development Associate
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8th October 2025

Don't miss out! **REGISTER NOW**

Discover how the workplace can drive better health, wellbeing and performance.

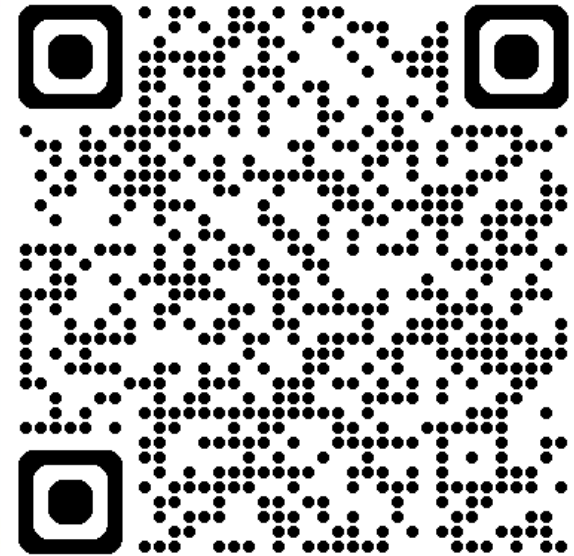
Join leaders and wellness experts explore real-life strategies for tackling burnout, supporting mental health and creating a culture of wellbeing at work.

Registration Fee

BND\$50.00

Registration Deadline

6th October 2025



Scan or click the QR code
to secure your spot

For any inquiries, please reach out to hr.engage@jpmc.com.bn