



# SOCIAL AND PCL'S WELLNESS MONTH

# THRIVE & FLOURISH

**A Morning to Reset Your Mind,  
Refresh Your Spirit and Reclaim Your Balance**

SATURDAY

**06**

SEPTEMBER, 2025

**PENANG BAR  
AUDITORIUM**

Ground Floor,  
Jalan Green Hall  
10200 Georgetown, Penang

FROM

**9.00A.M.**

**12.30P.M.**

**9.00AM - 9.10AM**

**Opening Address by Gowri Subbaiyah,  
*Chairman of Penang Bar Committee***

**9.15AM - 10.15AM**

**Stress Management & Work-Life Balance  
by Kelly-Ann Charisse Baptist  
*Registered & Licensed Counselor  
Specializing in Emotional Management, Grief &  
Loss, Self Esteem Issues, Stress & Anxiety,  
Relationship Issues and Work Life Integration***

**10.15AM - 10.30AM**

**Coffee Break - Recharge & Connect**

**10.30AM - 11.15AM**

**Cont. Stress Management & Work-Life Balance  
by Kelly-Ann Charisse Baptist**

**11.15AM - 11.40AM**

**Q&A and Coffee Break**

**11.40AM - 12.10PM**

**Mental Wellness by Madiha Fuad  
*International Speaker & Entrepreneur recognised  
for her impactful work in healthtech and  
social entrepreneurship***

**12.10PM - 12.30PM**

**Q&A, Closing Remarks and Lunch**



# OVERVIEW OF OUR SPEAKERS



## KELLY-ANN CHARISSE BAPTIST

Kelly-Ann is a compassionate and experienced counselor who provides a safe and supportive space for individuals to navigate life’s challenges. With expertise in emotional management, grief and loss, self-esteem, stress and anxiety, relationship issues and work-life integration, she adopts a person-centered approach tailored to each client’s unique needs. She empowers individuals to build on their strengths, embrace resilience and achieve meaningful personal growth.



## MADIHA FUAD

Madiha Fuad is an award-winning entrepreneur and international speaker, recognized globally for her impactful work in healthtech and women empowerment. As Founder & CEO of PlusVibes Group, she has built a mental health platform supporting over 60,000 members with more than 25,000 therapy sessions. With accolades such as Women of the Future Global 50 Rising Stars in ESG and ASEAN Women Entrepreneur 2024, Madiha continues to inspire positive change and self-development through her initiatives and global engagements.



Issued by ;  
Jo-Anne De Vries  
Chairman  
Social & Members Welfare Subcommittee

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Sharmila Kaur a/p Jaswant Singh  
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Publications, Communications & Library Subcommittee

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