



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

9.15AM - 10.15AM

Opening Address by Gowri Subbaiyah, Chairman of Penang Bar Committee

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

Coffee Break - Recharge & Connect

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

Q&A and Coffee Break

Mental Wellness by Madiha Fuad

International Speaker & Entrepreneur recognised for her impactful work in healthtech and social entrepreneurship

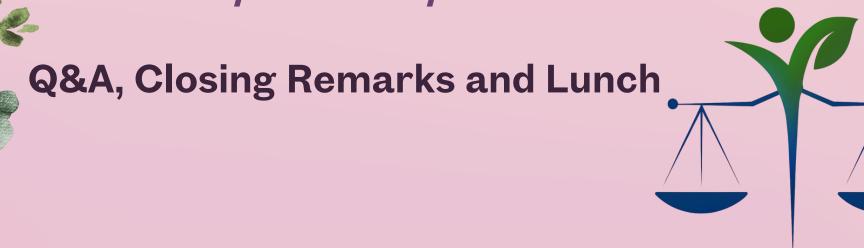
10.15AM - 10.30AM

10.30AM - 11.15AM

11.15AM - 11.40AM

11.40AM - 12.10PM

12.10PM - 12.30PM



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.



REGISTER NOW

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

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