

# JOIN THE E-CONVERSATION SHC Multidisciplinary Palliative Care Forum

Community. Knowledge. Growth.

Tuesday, March 10, 2026

12.30pm - 2pm

Zoom Webinar

## Our Mindfulness Journey

This talk unfolds in two interconnected parts, tracing the living transmission of mindfulness within palliative care.

The first part, "The Journey of Mindfulness for a Palliative Care Doctor", shares how mindfulness gradually becomes an inner compass for a doctor working daily with suffering, uncertainty, and death. Beginning as a personal practice to cope with emotional exhaustion, mindfulness deepens into a way of being—shaping how the doctor listens, speaks, makes decisions, and stays present with patients and families at the edge of life. Through encounters with pain, fear, gratitude, and love, mindfulness is revealed not as a technique, but as a quiet companionship that allows the doctor to remain human, open, and grounded, amid impermanence.

The second part, "The Apprentice in Mindfulness", shifts the focus to transmission. Here, mindfulness is learned not primarily through instruction, but through relationship and observation. The apprentice witnesses how presence is embodied in silence, how compassion appears in small gestures, and how humility and curiosity sustain lifelong practice. Challenges, doubts, and missteps become part of the learning path. Together, both parts highlight mindfulness as a shared journey—rooted in service, shaped by experience, and continually renewed through connection between teacher and apprentice, patient and caregiver, moment by moment.



Register

[tinyurl.com/mdf  
mar26](https://tinyurl.com/mdfmar26)

1 CME / CPE Point  
(Pending Approval)  
*\*For LIVE session only*



**Speakers** Dr Leow Yong Wen

Internal Medicine Resident  
Alexandra Hospital



**Dr Tan Seng Beng**

Palliative Medicine Consultant  
Subang Jaya Medical Centre Malaysia



**Moderator** Dr Yong Woon Chai

Senior Consultant  
Alexandra Hospital

\*Open to all local and overseas healthcare professionals and non-clinical staff in community or hospital setting

The webinar will be recorded by SHC authorised personnel for learning and archival purposes.

