

The SDA Welfare Committee Presents

# BUSTING STRESS & BURNOUT FOR DENTISTS

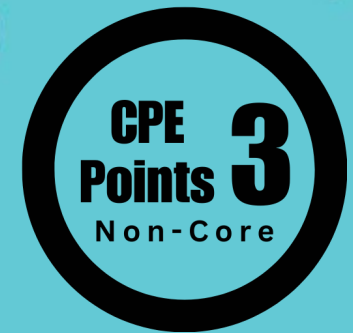
W/ DR. SURINDER ARORA, DR. DAMINI CHAWLA, DPL & SDA

FEELING STRESSED AT WORK? BODY ACHES? BURNOUT?

JOIN US FOR AN INTERACTIVE AND FUN WORKSHOP TO BUST BURNOUT AND MANAGE STRESS IN THIS BREAKTHROUGH SESSION FOR DENTISTS BY DENTISTS.

## WHAT TO EXPECT

- 1400-1415 EVIDENCE FOR BURNOUT IN SINGAPORE (DR. SURINDER ARORA)
- 1415-1515 TIPS TO IDENTIFY STRESS AND BUST BURNOUT (DR. DAMINI CHAWLA)
- 1515-1530 TEA BREAK
- 1530-1600 SUPPORT FOR DENTISTS AND CASE STUDIES (DR. JAMES FOSTER, DPL)
- 1600-1630 CHAIR YOGA TO BRING BACK YOUR CALM (DR. SURINDER ARORA)
- 1620-1640 SDA MEDIATION SERVICE (SDA ETHICS COMMITTEE)



SUNDAY 13TH OCTOBER 2024  
1400-1700

PICO ART INTERNATIONAL PTE LTD  
PICO CREATIVE CENTRE  
20 KALLANG AVENUE  
SINGAPORE  
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## SPEAKER PROFILES



### DR. SURINDER ARORA

A GENERAL DENTIST AND WELLNESS ADVOCATE, DR. SURINDER ARORA (BDS) TAKES A WHOLE PERSON APPROACH TO DENTISTRY AND HAS A MASTER'S DEGREE IN PUBLIC AND MENTAL HEALTH (KCL). HER RESEARCH PAPER 'QUESTIONNAIRE SURVEY OF BURNOUT AMONGST DENTISTS IN SINGAPORE' WAS PUBLISHED IN THE IDJ IN 2022 AND HIGHLIGHTED THE NEED FOR SUPPORT AMONGST DENTISTS.

DR. ARORA HAS BEEN AND IS A VOLUNTEER MEMBER OF THE WELFARE AND ETHICS COMMITTEES OF THE SINGAPORE DENTAL ASSOCIATION.

SHE IS A KUNDALINI YOGA TEACHER, CERTIFIED HEALTH COACH AND MOTHER OF 2. SHE TEACHES YOGA TO DENTISTS AND HAS BEEN INVITED TO SHARE ON SPEAKER PANELS, RAISING AWARENESS ABOUT DENTISTS, STRESS AND BURNOUT MANAGEMENT.



### DR. DAMINI CHAWLA

AN AWARD-WINNING PUBLIC SPEAKER, DR. DAMINI CHAWLA BDS (HONS) WHO GRADUATED FROM UNIVERSITY OF WESTERN AUSTRALIA, HAS SPENT OVER 15 YEARS WIELDING DRILLS AND CURING CAVITIES, BUT DENTISTRY WAS JUST THE FOUNDATION FOR A DEEPER CALLING. WHILE CREATING HEALTHY SMILES HAS BEEN REWARDING, HER TRUE PASSION IGNITED IN THE HUMAN CONNECTION.

IT ISN'T JUST ABOUT TEETH - IT IS ABOUT BUILDING TRUST, CALMING ANXIETIES, AND SPARKING GENUINE CONVERSATIONS WITH PATIENTS AND TEAMS. UNAFRAID TO TACKLE THE UNSAID, HER MISSION IS TO IGNITE A THOUGHT PROCESS WITHIN YOU, HELPING YOU UNCOVER THE ROOT CAUSES OF WHAT'S HOLDING YOU BACK AND DESIGN A LIFE THAT VIBRATES WITH POSSIBILITY TO AVOID BURNOUT AND MAXIMISE FULFILMENT.

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### DR. JAMES FOSTER

DR. JAMES OBTAINED A MASTER'S DEGREE IN MEDICAL LAW IN 2005, AND HAS FURTHER OBTAINED THE MFGDP(UK) AND A CERTIFICATE IN CLINICAL EDUCATION. JAMES IS ALSO A TRAINED MENTOR AND FOLLOWING HIS APPOINTMENT AS A LOCAL ADVISER TO DENTAL PROTECTION IN 2004, HE WAS FURTHER APPOINTED AS AN ASSOCIATE DENTO-LEGAL ADVISER IN 2004 BEFORE BECOMING A FULL-TIME DENTO-LEGAL ADVISER IN MARCH 2008.

DR. JAMES HANDLES CASES FROM SEVERAL INTERNATIONAL JURISDICTIONS AND IN 2014 HE WAS APPOINTED HEAD OF DENTAL SERVICES FOR AUSTRALIA AND NEW ZEALAND AND HAS NOW BEEN APPOINTED DEPUTY DENTAL DIRECTOR AND DENTAL LEAD FOR BOTH AUSTRALASIA AND ASIA. IN NOVEMBER 2019, JAMES WAS AWARDED THE FOUNDATION FELLOWSHIP OF THE FACULTY OF FORENSIC & LEGAL MEDICINE OF THE ROYAL COLLEGE OF PHYSICIANS.



### DR. PUA HONG PING

DR. PUA GRADUATED FROM LONDON IN 2011 WITH BDS AND ASSOCIATESHIP OF KING'S COLLEGE AWARD WHICH STUDIES THEOLOGICAL, PHILOSOPHICAL AND ETHICAL QUESTIONS FROM A DIVERSE RANGE OF PERSPECTIVES. DR PUA OBTAINED DIPLOMA IN MEMBERSHIP OF JOINT DENTAL FACULTIES, DIPLOMA IN IMPLANT DENTISTRY, AND MEMBERSHIP IN ADVANCED GENERAL DENTAL SURGERY FROM ROYAL COLLEGE OF SURGEONS, ENGLAND AND EDINBURGH, RESPECTIVELY.

HE LECTURES FREQUENTLY IN SOUTH EAST ASIA. HE WAS A COUNCIL MEMBER AND WELFARE CONVENOR OF SDA IN 2020, ASST. GENERAL SECRETARY AND CONVENOR FOR ETHICS SUBCOMMITTEE IN 2022 AND APPOINTED CHAIR FROM 2024.

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