

# CSIS Members Networking Series - “Do You Need a Turn-Up?” Managing Stress & Burnout

If constant stress leaves you feeling physically, mentally and emotionally exhausted, you may be suffering from burnout. Problems seem insurmountable, everything looks bleak, and it is difficult to muster up enough energy to care – let alone do something about your situation. But if you are able to recognize the signs and symptoms of impending burnout, you can take steps to prevent it.



**Day/Date:** Monday, 13 November 2017  
**Time:** 12.30 pm to 3.00 pm  
 (Registration begins at 12.00 pm)  
**Venue:** STI Auditorium  
 Level 9, Capital Tower  
 168 Robinson Road  
 Singapore 068912

<b>Programme:</b>	
12.00pm—12.30pm	Registration
12.30pm—1.30pm	Talk
1.30pm—3.00pm	Group Photo Taking + Networking

**Fee:** Free-of-Charge  
 Light refreshments will be provided.

**Now open to all  
 CSIS Members, IQS  
 students, Grad.ICSA  
 and Affiliates!!**



**Speaker: Ms Lee Shu Hui**

Ms. Lee Shu Hui is an Occupational Therapist working at the Institute of Mental Health. Since graduating from Curtin University (Australia) with Bachelor of Science, she has worked in various acute hospitals and community settings. She has over 5 years of working experience and specializes in psychiatric rehabilitation. She has conducted various talks on recovery and stress management. In her current area of practice in forensic psychiatry, she works with incarcerated individuals focusing on their recovery and coping skills to overcome life challenges.

**RSVP HERE!**



**Closing Date: 10 November 2017**

**CSIS**  
 CHARTERED SECRETARIES  
 INSTITUTE OF SINGAPORE

## **ADMINISTRATIVE DETAILS**

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### **REGISTRATION & SECRETARIAT**

This is a members-only event, and is free-of-charge for all participants.

Email: [members@csis.org.sg](mailto:members@csis.org.sg)

Fax: 6334 4669

Address: 149 Rochor Road, #04-05 Fu Lu Shou Complex, Singapore 188425

Enquiries: Rui Ting at 6334 4302

### **THINGS TO TAKE NOTE**

- Registration will be confirmed upon receipt of online registration form and a seat will be reserved for the participant.
- Light refreshments will be served throughout the event.

### **CANCELLATION**

CSIS reserves the right to change the date, time, and venue or cancel the forum owing to unforeseen circumstances.