



Testimonials from ASSAP® 2015 participants

This is the first time I'm attending ASSAP. It was a very fruitful and fun session. Very engaging and lively. I will definitely come again.

(Norazwin Mohd Rafit, Executive Assistant, Ministry of Education)

I got to know many people and there were great speakers.

(Jee Low, Office Manager, Coats International Pte Ltd)

It was a very fun session and I enjoyed myself very much.

(Sharon Oh Swee Lee, Senior Administrator, Siemens Medical Instruments Pte Ltd)

The arrangement and topics were all very good. ASSAP, you rock!

(Vijayarangam Nalini, Defence Science and Technology Agency)

It was great to get away from the office and have a fun networking session with the other ladies.

(Gina Ismail, Executive Personal Assistant, Allianz SE - Singapore Branch)

It was a grand opening and the ambience was energetic!

(Sally Oon, Personal Assistant, JTC Corporation)

The full day programme was a great opportunity to learn lots of new things. Thank you!
(Mogan Magaisvaree, Personal Assistant, Ministry of Communications and Information)

Always full of surprises and best of all, I enjoyed ASSAP 2014! Awesome!
(Nurmarlena Bte Mohammed, JTC Corporation)

I got to interact and meet new friends. The sessions were interesting and highly interactive. Lunch was good!
(Helen Seah, Executive Assistant, State Street Global Advisors)

Very interesting and enthusiastic speakers! It was a great day!
(Eliane V.O. SLingeland, Personal Assistant, Platform B)

It was very interactive and engaging. The topic content was interesting and the speakers were very professional and entertaining.
(Sandra Tan, Personal Assistant, Trusted Source Pte Ltd)

I've picked up skills that I can apply at work and in my life. This is an excellent conference!
(Colleen Lo, Executive Secretary, Singapore Health Services Pte Ltd)

A great conference and one-day workshops! Very interactive and fun way of learning and sharing of ideas. Speakers are wonderful at bringing their messages across clearly so that we can apply them in our daily work.
(Sharon Oh, Senior Administrator, Siemens Medical Instruments Pte Ltd)

Wonderful conference and wonderful speakers for ASSAP 2015. I will definitely be back for ASSAP 2016!
(Sakinah Jan Bte Mohd Ali, Senior Administrator, Siemens Medical Instruments Pte Ltd)

**The workshop was the best I've ever attended. It is highly recommended for all to attend!
Very detailed, fun, clear and lots of energy!**

(Frannie Teh, Admin Assistant, National Institute of Education)

ASSAP 2015 was very educational.

(Jalilah Bte Masuk, Senior Administrator, Sivantos Pte Ltd)

**Fantastic life experiences shared by all the speakers. Great takeaways which I will apply
in both my work and personal life.**

(Novia Irawaty, Executive Assistant, Bain and Company)

**The speakers were excellent. Great and awesome vibes as always. I met some interesting
ladies and I hope to return in 2016! Looking forward to the next amazing ASSAP 2016!**

(Angela Yong, Executive Administrator, Singapore University of Technology and Design)

**Great networking session. I was able to meet many presenters and the topics were
interesting.**

(Jennifer Tan, Admin Executive, Mitsui and Co Asia Pacific Pte Ltd)

**I enjoyed making new friends, the food and the sessions. I am glad to take time off to
attend ASSAP 2-15, reflect and empower my skills for work.**

(Selina Chua, Confidential Secretary, STT Communications Ltd)

**The sessions were very engaging and interesting. Most importantly, I learned a lot from
ASSAP 2015.**

(Joann See, Secretary, JTC Corporation)

It was a very enjoyable and useful conference. The speakers were good and talented!

(Linda Yazid, Senior Executive, MOH Holdings Pte Ltd)

ASSAP is always informative, fun and there are always lots of information to bring back.

(Cecilia Radhalechumi, Personal Assistant, Singapore University of Technology and Design)

The mixture of topics was excellent. I am looking forward to ASSAP 2016!

(Sujatha d/o W B S De Silva, Personal Assistant, Ministry of Communications and Information)

Wonderful speakers. Kudos to all of them. The tools given to us by the speakers were great.

(Ranuka Menon, Executive Assistant, Defence Science and Technology Agency)

Keep up the good work! I am looking forward to ASSAP 2016!

(Tan Joo May, Personal Assistant, Singapore Arts School Pte Ltd)

General Comments on what participants enjoyed the most at ASSAP 2015

The Asian Summit for Secretaries and Admin Professionals

- Bonding with my colleagues from different departments.
- Great speakers.
- Good lunch.
- Good location.
- Lots of interaction and interesting speakers.
- The inspiring and motivating talks on the relevant topics by the humorous speakers, as well as the interactive activities.
- The two interesting speakers, John and Nishant.
- All sections that were delivered by the speakers.
- Food.
- I picked up skills that I can apply at work and in my life. An excellent conference to refresh and remind myself about the skills that I have learnt at various courses, eg. memory skills, body language etc.
- Interaction and meeting new friends.
- Interesting and highly interactive sessions.
- Lunch was good as well but snacks during tea breaks could be improved.
- John and Nishant's sessions were very engaging and interesting. Most importantly, I learnt a lot from ASSAP 2015.
- My first time attending ASSAP and it is fabulous and fantastic. I must apply all the tools for my success journey.
- Fantastic life experience sharing by all the speakers.
- Very interactive and engaging.
- Topic content was interesting and all the speakers were very professional and entertaining.
- Yvonne's session – new learning, and it is encouraging to know that you can change your life story. Her personal story as well as Maria's helped me to realise that setbacks can be overcome.
- John's and Nishant's session.
- A fun and engaging session which I enjoyed very much.
- This is my first time attending ASSAP. It was a very fruitful and fun session. Very engaging and lively. I will definitely come again.
- Very interesting and enthusiastic speakers!
- I got to learn and laugh at the same time.
- Getting to know new people. Good speakers.
- Enjoyable and useful conference. Good and talented speakers.
- I enjoyed the whole conference, especially Nishant's, Cheryl's and Yvonne's session.
- Spontaneous, lively.
- Speakers delivered short speeches and this made it neither draggy nor boring.

- The sharing by Grand Master of Memory was inspiring and very well delivered.
- I enjoyed making new friends, food and the conference. It's good to take time off to attend the conference and do some reflection. It also helps to empower and enhance our skills.
- Networking. I enjoyed the presentation by John and Nishant. Good getaway from the office.
- Interesting topics presented by the speakers.
- The arrangement and topics were all good.
- The carefree interaction of the conference. I made new friends.
- Good venue and programme.
- Food.
- Wonderful speakers. Kudos to all of them.
- The life tools shared with us by the speakers.
- The high energy level throughout the day.
- The 3Vs (John's session).
- Grand opening and energetic ambience.
- Various speakers sharing their knowledge and experience with us.
- Everything.
- The programme for the entire day was a great opportunity for me to learn a lot of new things. Thank you.
- The mixture of topics was excellent. I'm look forward to 2016's.
- I could refresh and recharge myself. It was a relaxing and enjoyable conference.
- Networking.
- Presentations by Nishant and John.
- Getting to know more friends through networking and learning new things to keep improving oneself.
- I love Maxine! And of course - Shirley and all the speakers!
- It's a wonderful session to recharge myself.
- The interesting topics and a good opportunity for networking.
- The excellent speakers, especially John, Nishant and Yvonne. Great and awesome vibes. Met some interesting folks and I hope to return in 2016!
- ASSAP is always fun and informative.
- Networking.
- Able to meet many presenters.
- Interesting topics.
- A great conference and workshop. Very interactive and fun way of learning and sharing of ideas.
- Speakers are wonderful at bringing clear and easy to understand messages across and allowing us to apply them in our day-to-day work.
- ASSAP 2015 was very educational.
- More lucky draws, please.
- Wonderful conference and wonderful speakers for ASSAP 2015/ I will definitely be back for ASSAP 2016.

ASSAP MC: Maxine Teo

- She makes the atmosphere come to life.
- Good energy and love.
- Lively and bubbly. Great company.
- Love Maxine!
- Very interesting and friendly and happy lady. She has a very beautiful smile and made all the participants enjoy the day.
- Very energising.
- Great job!
- She is very engaging and professional.
- She is very vocal and good to have her as MC for the event. She spiced up the conference. I love her vibes.
- Fantastic MC. Kept us laughing and entertained.
- Great personality.

Comments on Gina Romero

- Very high-energy presenter.
 - Good sharing and an engaging speaker!
 - Very good notes to take back.
 - Very good speaker.
 - People will remember how they 'feel'.
 - Very interesting and inspiring.
 - She made us feel alive early in the morning.
 - I learnt that networking can boost success.
- I wished it was a longer session where Gina could share more.

Comments on Cheryl Liew-Chng

- Wonderful speaker. Cheryl's takeaway can be applied in our everyday life.
 - Motivating.
 - I found the 5 pillars and delightful declaration useful.
 - Very inspiring! Makes me want to go to Phuket! ☺
 - Very inspiring. Excellent notes for self-improvement.
 - 24/7 Woman needs her time for herself and to do what matters most to us!
 - A very positive talk.
 - A very confident lady who builds confidence within us.
 - Very inspiring and it makes me ponder what I have been busy with all this while and doing what I like and not doing things I don't like.
 - Very encouraging and very engaging.
- Inspiring. I wished there was more.

Comments on Philip Merry

- Topic is very interesting – something we have never heard of. Worth trying – dream!
- Lots of real-life experience and it's very motivating. Great examples of stories.
- I believe dreams and miracles do happen in life. Thanks Mr Philip for making me realise it.
- I believe in synchronicity.
- Very inspiring. Believe and we can do it.
- I believe I can fly! I will step into my dreams!
- Very inspirational.
- Speaker is good. Notes are informative.
- Very enthusiastic.
- To believe in synchronicity.

Comments on Helena Livingston

- Very inspirational. Loved it!
- It's a great session. I cried with joy.
- No notes were given.
- Lovely illustration to appreciate life and to live a happy life.
- No notes given. I loved the saga seeds.
- Good speaker. Though no notes were given, Helena's presentation had a lot of feeling. She taught us the meaning of joy and how to live with it.
- Celebrate joy!

Comments on Tim Errington

- My posture matters.
- Interesting speaker. Many good pointers to bring home and to give it a thought.
- Good information.
- Graceful posture.
- Very informative.
- Good video shared.

Comments on John Sih

- Very inspiring and engaging. Funny and entertaining.
- Best speaker so far.
- Totally engaging and most entertaining session. Excellent speaker with fantastic audience participation.
- Very interesting and fun.
- Excellent poem.
- Excellent speaker.
- Very lively.
- Gained a lot of tips from him.
- Very interesting speaker.
- His session is the most interesting so far and we had lots of fun.
- Learnt a lot from his sharing, especially the hand shake techniques.
- Awesome session – engaging speaker.
- Very engaging – good!
- His talk was very good. I had a good laugh. Well said, John. Love your poem!
- The most interesting speaker of all!
- I enjoyed his session very much. Insightful.
- His speech was entertaining.
- The handshake tips were very useful.
- It was very fun and engaging.
- It was a very good session, I recommend this.
- Excellent, I liked it a lot. More notes, please.
- An excellent speaker.
- Very lively.
- Interesting!
- Able to capture my full attention from the floor with his powerful voice.
- I've learnt the importance of body language from John.
- I wished he would provide some notes that summarised his session.
- Good speech.
- Interesting.
- Wonderful and splendid talk! I give it a 'LIKE'.
- Best session. I loved this session. Very engaging. Excellent.
- Fantastic speaker whereby we learn plenty of body language signs. Participants, including me, enjoyed this session.
- I loved the heart-to-heart connection.

Comments on Nishant Kasibhatla

- It is important to read and apply.
- Fantastic and wonderful memory presenter. Amazing! Looking forward to more of Nishant's sessions.
- Excellent training of the brain. I will attend his session if there's any.
- I always enjoy Nishant's session. Excellent, fun and engaging.
- An excellent and fantastic talk. I give it a 'LIKE'.
- An eye-opener for me.
- Humorous and vocal speaker.
- Holy Moly! Nishant gets better and better!
- I will put into practice what I've learnt, ie, to have sufficient sleep, proper diet and exercise.
- Enjoyable!
- It was fantastic, though the session was short.
- A very good session, I recommend this.
- Very interesting and very entertaining.
- Very good techniques to remember a person's name.
- The information was useful.
- Very good session.
- Fantastic and interesting tips.
- I enjoyed it and learnt a lot.
- Very interesting speaker. The topics were very fun and interesting.
- Super brain power. I am astonished.
- I was inspired to improve my memory and stop relying on ginkgo nuts.
- It was easy to understand.
- Interesting session to help improve my memory.
- Very good and educational. I enjoyed the session.
- Tremendous session, excellent presentation. Mind-boggling.
- Unbelievable.
- Useful tips to enhance memory.
- Really interesting!

Comments on Maria Kassova

- To remember the 3Rs – Recover, Refocus, Retry.
- Maria's real-life experience that she shared is an eye-opener on how we need to deal with our own 'sob' situation.
- Very motivational speaker.
- This session made me realise that one has to appreciate oneself. Thank you, Maria.
- Good. Inspired by her story.
- Great notes. Good engagement.
- Her tips were practical.

Comments on Yvonne Sum

- Cool and awesome presenter.
- Good presentation and clear enough to learn the tools to apply in my life.
- Inspiring.
- Very encouraging. Enjoyed her life stories.
- Yvonne is a fantastic speaker. Very lively and is a live wire. Inspirational presenter.