

NUS FST HOMECOMING 2022

List of Activities

FST Mentorship Programme

Time: 2-3 pm

Venue: LT31, Blk S16 Level 3, Faculty of Science

Free Admission | *Registration at 1:45 pm*

FST Alumni Talk

Time: 3-5 pm

Venue: LT31, Blk S16 Level 3, Faculty of Science

Free Admission

RSVP at bit.ly/fsthoming2022 by 4 Aug, 11:59 pm



Container Garden Workshop

Suitable for children

Time: 3-4:30 pm

Venue: S14 Level 5 Food Processing Lab, Faculty of Science

Price: \$15/garden container

(Each participant can opt to have more than 1 garden container, or each family can opt for just 1 garden container)

RSVP at bit.ly/fstgarden2022 by 4 Aug, 11:59 pm

Tea Break

Time: 5 pm-end

Venue: LT31, Blk S16 Level 3, Faculty of Science

Free Admission



Contact person:
Ms Lee Chooi Lan (chooilan@nus.edu.sg)

Organised by:



FST Mentorship Programme + FST Alumni Talk

🕒 **13 Aug, 2-5 pm**
Registration at 1:45 pm

📍 **LT31, Blk S16 Level 3,
Faculty of Science**

💰 **Free admission.
Refreshments provided!**

2-3 pm

FST Mentorship Programme

Mentorship Programme Overview
FST Alumni Mentorship Team

Tips to Ace the Mentoring Session

Matthew Koh, CEO & Founder, The Positive Arena

3-5 pm

FST Alumni Talk

"What did I learn from my career (so far)?"

Liu Yeting, Vice President, R&D Asia Pacific, Barry Callebaut

"What's my story?"

Sarah Lim, Marketing Director APAC, ADM

"Rest = Finding Yourself"

Michelle Yeong, Professional Sabbatical Taker,
Former Deputy Director, 通商中国 Business China

5 pm-end

Tea break

RSVP at

bit.ly/fsthomcoming2022

by 4 Aug, 11:59 pm

FEATURED SPEAKERS:



MATTHEW KOH
CEO & Founder,
The Positive Arena



LIU YETING
Vice President, R&D Asia
Pacific, Barry Callebaut



SARAH LIM
Marketing Director APAC,
ADM



MICHELLE YEONG
Professional Sabbatical Taker,
Former Deputy Director,
通商中国 Business China



LEW WAN PENG
Product Development
& Innovation Manager, ofi

MODERATOR:

Contact person:
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Organised by:



About Our Speakers & Moderator



MATTHEW KOH
MSc (MAPPCP), ACC (ICF)
Certified Coach

Matthew graduated with an Honours Degree from NUS Food Science & Technology. He had worked in various roles within the food industry prior to joining Singapore Polytechnic as a lecturer teaching the Diploma in Food Science & Technology programme. In his tenure of about 8 years, Matthew has vast experience in course management, where he planned, designed and evaluated curriculum for content and pedagogical quality. As a passionate educator, Matthew has received accolades such as the SP Educator Award in recognition of his exemplary teaching skills. After witnessing the growing prevalence of mental health issues in Singapore, he decided to pursue a MSc. Applied Positive Psychology & Coaching Psychology, and had conducted numerous wellbeing workshops for his students to become flourishing and resilient learners. He is currently the CEO & Founder of The Positive Arena, in which the company aims to provide training, coaching and consultancy services to improve the wellbeing of individuals, schools and organisations using evidence-based practice of positive psychology and coaching psychology.



LIU YETING
Vice President, R&D Asia
Pacific, Barry Callebaut

Chocolate lover, an ice cream lover, and a coffee lover (in training).

After graduating with a PhD degree from NUS Food Science & Technology, Liu Yeting worked in Germany, Malaysia, Singapore and Belgium in the past 15 years of my career. He worked with food innovators around the world to launch blockbuster new products, and served many product development teams with diversity and inclusion. Today he is working in Singapore and serving R&D teams in 6 countries for Barry Callebaut, a world leading cocoa and chocolate innovator.

"Hi there, what is your story? I'm all ears."



SARAH LIM
Marketing Director APAC,
ADM

A passionate agile marketing thought leader with extensive Asian B2B food ingredients (including plant-based protein) and flavors experience as a strategic marketer and innovation leader who inspires and guides food and beverage brands transform through innovation, with the vision of enriching consumers' quality of lives through consumer understanding from idea to reality. Sarah is dedicated to impacting the food and beverage space, collaborating in a cross-functional ecosystem to bring unparalleled value to customers' brands.

"My mission is to bring smiles to our consumers through the true enjoyment of great taste while empowering them with the gift of drinking and eating better."



MICHELLE YEONG
Professional Sabbatical Taker,
Former Deputy Director,
通商中国 Business China

Michelle Yeong was from the first batch of FST graduates and has since worked in private, public and non-profit sectors, both in Singapore and China. She has taken not one, but two sabbatical breaks throughout her career journey and is currently taking her third and possibly her biggest break. Her sabbatical breaks not only did not stop her career advancement, but more often than not, provided her the leap to the next career move as she realigns her priorities and seeks her purpose.



LEW WAN PENG
Product Development
& Innovation Manager, ofi

A curious techno-commercial professional that always explores and progressively learns (and still learning!) the multi-facet of the food industry, most passionate about product innovation & renovation, project management and business development across Asia Pacific. Outside of work, it's all about cycling, calligraphy, cooking and... searching for the next lovely wine!

Container Garden Workshop



Do you want to bring some greenery to beautify your house or office?

Come and join us to learn how to make your own container garden which you can bring home or to your office to decorate your table.

The workshop will be taught by our very own alumni, Wilson Wong, and he will be sharing with all the participants on the suitable plants, how to construct and maintain your container garden so that it can look great for a long period of time.

🕒 13 Aug, 3-4:30 pm

📍 S14 Level 5 Food Processing Lab

💰 \$15/garden container

(Each participant can opt to have more than 1 garden container, or each family can opt for just 1 garden container)



RSVP at bit.ly/fstgarden2022

by 4 Aug, 11:59 pm

Notice(s):

- Minimum number of pax for the class to start is 10.
- Maximum number of pax is 25.
- Children under the age of 10 years old must be accompanied by their parents/guardian.
- Payment information will be sent to the participants once the minimum number of participants is reached. A confirmation email will be sent to the participants within 3 working days after the payment is made.



Contact person:
Ms Lee Chooi Lan (chooilan@nus.edu.sg)

Organised by:

