

Up to 60 members who register and attend 24<sup>th</sup> AGM on 28 July 2025 will receive \$10 FairPrice Voucher.

*25<sup>th</sup> Anniversary Celebration*

# SPEC

A CO-OPERATIVE FOR PMETS



## Pre-24<sup>th</sup> AGM Talk



Pre-AGM Talk by member  
Rhonny Chan, Psychotherapist  
| Specialist Adult Educator

“CBH Powered by AI Chatbot: Build Mental Clarity and Resilience”

Rhonny Chan Professional Summary:

- People-centric and results-driven practitioner with over 15 years of experience empowering individuals through coaching, adult education, therapy, and counselling.
- Experience in building emotional resilience, mental clarity, and self-directed transformation for professionals facing stress, burnout, and life transitions.
- Committed to approaches that integrate evidence-based psychological practices with genuine empathy and support.