

# Digital Well-being & Mindfulness 4.0 – Happier & Healthier Living



Adjunct Associate Professor  
**Angie CHEW**  
 CEO  
 Brahm Centre



Adjunct Associate Professor Angie CHEW is the founder and CEO of **Brahm Centre** – a registered charity dedicated to promoting happier and healthier living. She is the first in Singapore to be a **Certified Mindfulness Based Stress Reduction** Teacher, conferred by **Brown University** Center of Mindfulness, USA, in collaboration with **UMass Medical School Center** for Mindfulness. Angie is also certified to teach mindfulness to teens and children.

She teaches the **An Undefeated Mind** course for students at the **National University of Singapore** and is also a **Ministry of Education-registered** mindfulness teacher. Angie has conducted mindfulness programmes for more than **10,000 people** including corporate clients from the **financial, healthcare and education** sectors.

With the slogan **Less Than Half the Pay & More Than the Twice the Joy**, she made a career transition from IT to the world of social services in 2015. Prior to her joining Brahm Centre, she served in **senior positions** at the **Singapore Airlines, Visa International, Accenture, Hewlett-Packard** and **government agencies**. For her contributions to society in helping those with mental health issues, as well as the elderly, Angie was named **The Straits Times Singaporean of the Year 2019**.

***Well-being Expert, Mindfulness 4.0, Personal Transformation Leadership***

**4.0 Leadership**  
 From Surviving to Thriving