






# HUN MING KWANG

**AWAKENING HUMAN POTENTIAL AND ILLUMINATING  
THE PATH TO PERSONAL MASTERY**

**Founder and Co-Artistic Director of ThisConnect.today  
Professional Artist, Social Healer, Life Coach, A Teacher of  
Self-Awareness and Transformational Work, Author, and  
Community Leader.**

-  <https://hunmingkwang.com>
-  <https://www.linkedin.com/in/mingkwang/>
-  <https://www.instagram.com/thisconnect.today/>

## ABOUT MING KWANG

Ming Kwang is a human catalyst who has, to date, helped over 10,000 individuals, including C-suite leaders and politicians, transform their lives and attain a higher level of awareness to manifest their purpose and destiny. Professionally, he is a certified life coach, social healer, public advocate for mental wellness and suicide prevention, and founder of multiple record-setting humanitarian campaigns. His works are known in Asia, United States, and Europe. As an author, creative, community leader, and speaker, his work has brought the spotlight on social causes such as human transformation, alternative medicine, mental wellness and suicide prevention. There is but one goal: empowering people to thrive—not just survive—in the hustle and bustle of life.

### Catalysing Change

In 2016, he co-founded Dream Singapore, a nationwide coaching campaign that saw over 500 people experience the transformative potential of life coaching, setting a world record for the most number of people impacted by life coaching in the shortest amount of time, as awarded by Guinness World Record and Record Setter.

He is the Founder and Co-Artistic Director of ThisConnect.today, an advocacy platform that focuses on raising awareness for mental health and suicide prevention and building a holistic mental health support structure that integrates through conscious conversations. Despite the pandemic, ThisConnect's art exhibitions reached more than 5000 people in six weeks. Notable visitors of these exhibitions include Minister of Health Ong Ye Kung, Parliament Secretary Eric Chua, NMP Anthea Ong, MP Murali Pillai, MP Carrie Tan, MP Cheryl Chan, and local actor Adrian Pang. He has also been featured on Straits Times, Tatler Asia, TODAY, Channel 8, and 96.3 FM for his work.

In 2021, ThisConnect.today set the record for the Largest Mosaic of Hand-Sculpted Masks with the Singapore Book of Records with the Masks of Singapore movement, where 572 people from all walks of life participated in a self-awareness workshop designed using life coaching

## SUGGESTED SPEAKING TOPICS

### An Autobiography of Ming Kwang's Journey: Finding Purpose and Turning Your Life Around

- What it took for MK to find his purpose and live a life that truly matters to him
- Learnings from living a life that truly matters
- How can we take charge of our personal evolution and weave it into the way we structure and live our lives?
- How can we work Smart and Deep on ourselves to make every aspect of our lives work for us?
- How can we reconnect to our core and find out what truly matters to us, versus what others expect of us?
- What is purpose, and how can we find it?

### The Disconnection Epidemic

- Why do we feel lost, empty, and unfulfilled even as we follow society's metrics and roadmaps to success?
- The understated consequences of living mechanically without examining the positive and negative patterns that show up
- What is self-examination, and how can we consciously build an active self-awareness about ourselves and the way we live?
- How can we reconnect to our core and find out what truly matters to us, versus what others expect of us?
- What does living authentically look like?

### Understanding Mental Health, Wellness, and Vitality

- What mental health is and what it is not – addressing the common misconceptions about mental health in society
- What are the components that determine our overall wellness and vitality?
- How we can start becoming aware of the state of our mental health, and how our work or social environments affect it?

principles and art. The expressions of these participants were showcased in a photo exhibition, roving across thirteen satellite venues to date, and produced in the Masks of Singapore Photobook, supported by Fujifilm.

Ming Kwang also authored 4 books in collaboration with over 70 contributors in Singapore from all walks of life—medical professionals, mental health professionals, frontline workers, coaches, people with lived experiences, business leaders, policymakers, and politicians—on the topic of mental health, emotional literacy, as well as the interventions that need to be implemented from an individual, community, organisational, and national level. This series is currently being published by Penguin Books and is slated to be released in June of 2022.

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## **SUGGESTED SPEAKING TOPICS (CONT'D)**

### **Transcending Victimhood for Effective Change**

- Understanding the collective rage and anger weaved hidden in our social fabric
- Understanding your inner dialogues and narratives of the victim inside you
- What are the things in your life that are draining you of your personal power?
- What does it take to own and act on something powerfully in full alignment?

### **Workplace Mental Health and Functionality**

- Creating structures and systems that empower workplace mental health
- Burnout: What it is, why it happens, how do you recover from it, and how do you prevent it?
- Finding purpose in your job
- Working From Home: Drawing boundaries to protect and empower both your personal and professional lives
- Emotion and Stress management: How do you handle your emotions so that you can continue functioning at work without compromising your own mental health?
- Optimising your workplace productivity and functionality so that you can perform and excel

### **Systems and Structures to Realise our Best Selves**

- Recognising the essence of who we are at our core
- What are the habits that hold us back at work and in our personal lives?
- How do you identify systems that are breaking down in your life?
- How can we begin to take control and change our lives and reality?

### **Mental Wellness is for Everyone: Secrets to A Good Life**

- How is mental wellness applicable to anyone and everyone?
- Do you know what matters to you in this life?
- What are you chasing after and does that lead to a good life?
- How can we grow in self-awareness and chart a personal roadmap for a truly meaningful and authentic life?

### **Emotional Wellness: Key to Exuberance**

- The role that emotions play in our lives
- The dangers of suppressing our emotions instead of learning to work with them
- Common misconceptions about emotions that detract from our quality of life and wellbeing
- How we can develop genuine and authentic emotional connections with ourselves and others?
- How we can develop a self-care routine that is truly rejuvenating and sustainable?

### **Living a Well-Rounded, Integrated Life (Integrating physical, emotional, mental wellness into our lives)**

- How are our physical, mental, and emotional wellbeings are connected and inter-related?
- What happens when all aspects of our wellbeing are working efficaciously?
- Common misconceptions about physical wellness and why our current physical wellness routines may not be working
- How can we pay attention to what our bodies are telling us?
- How we can develop a physical self-care routine that is truly rejuvenating and sustainable?
- What does it take to live and lead a fulfilling life with deep meaningful relationships that count?

### **“Addictions”: Things that Bind Us**

- What are we addicted to? What are the inhibiting patterns that keep us from being free?
- Understanding what addiction entails
- Identifying the patterns and behaviours that compromise ourselves and our relationships
- Breaking old patterns that no longer serve us

### **Enforcing Boundaries for a More Effective Life**

- What are boundaries?
- Cause and Effect: The consequences of not knowing and enforcing our boundaries
- How the collapsing of boundaries between our personal, social, and professional lives affects our overall wellbeing mentally, emotionally, and physically
- How do we start becoming aware of what our boundaries are?
- How do we start creating and drawing them?

### **“Success” and the Search for Meaning**

- What is success? What is success to YOU?
- The perils of chasing after the Singaporean Dream without knowing who you truly are
- How can you find out what really matters to you at your core versus what others expect of you?
- How can you define success in your own terms and shape it as you grow and evolve?

## WHAT PARTNERS AND COLLABORATORS HAVE SAID

### About ThisConnect's Exhibitions

Ming Kwang's artworks and exhibitions are safe spaces for people to explore these internal conversations, without the labels and stigmas attached to them. In my personal experience, through profound and heartfelt authentic storytelling, the audience is put in a position where they can draw on their inner wisdom and derive an understanding of mental health that is personal to them. That is the unique strength of Ming Kwang's gifts and works, that has inspired many people to open up about their struggles for the first time, and to consider what the next steps are for them in terms of their mental health.

– Adrian Pang, Local Actor

### About Ming Kwang

I got to know Ming Kwang when I attended the Masks of Singapore event organised by ThisConnect and the subsequent exhibition at Duxton Hill. I found MK to be a visionary with an ability to conceptualise and ideate out of the box and create something magnificent out of nothing. He has an innate ability to connect with people and bring people together.

At the Masks of Singapore event MK and team managed to get five hundred people together to artistically open up to express their inner true self onto a piece of art in the on a face mask reflecting the person. My own personal experience attending the event was extremely meaningful.

He then pulled it all together in a beautiful book by the same name and has been arranging a series of exhibitions bring together various artistic elements and extremely creative use of space. Each event is highly process driven and tempered with the use of various mediums, the audience is drawn into an experiential, participative and transformative journey. I have had friends going through extreme anxiety finding solace and peace by engaging in his events.

At a time when mental health is a huge issue in our community, MK is creating dialogue, discussion and support on the topic of mental health. Good luck to him for his endeavours.

– Akash Mohapatra  
Managing Director and Associate General Counsel at Deutsche Bank AG, IBF Fellow

### About the Masks of Singapore Book

Ming Kwang's processes were more important and pivotal than the output itself. I can only imagine just from seeing the photos that the experience participants went through was already an immersive one. Being given space to reach deep within ourselves for our innermost to be expressed, we are presented with the diversity and richness of the humanity that makes up our collective. Just as art is never about what should or shouldn't be, but calls on us to appreciate without judgment, this project calls on all of us to practice non-judgment on how we perceive ourselves and others. A beautiful and meaningful project.

– Carrie Tan, Member of Parliament  
Nee Soon South GRC

### About Ming Kwang

Through our meetings, I saw Ming Kwang's deep understanding of the human psyche and empathy for the struggles that we go through as human beings in this journey to live a good and fulfilling life. His works bring about both the external awareness of the pain, loss, and grief that we all go through in life, as well as an internal awareness of the state we are in today, how we have arrived at that state, and where we would like to go from here so that we are able to live a life that truly matters to us. Mental health is not just about regulating our symptoms so that we can cope with our daily lives – MK's works seek to bring light to the root of the pervasive issues we battle with so that we can deal with it from the cause, embark on a personal transformation journey, and begin leading ourselves on to paths where we can thrive, instead of simply survive.

– Lynette Har, Life Transition Coach and Strategist, International Speaker

### About the Masks of Singapore Book

This book was inclusive in covering Masks of Singapore – in that people from all walks of life were documented. Several of the masks in this book recount painful stories often linked to the themes of self-perception vs. social perception, needs of self vs. needs of others, and fears. Looking through the images themselves, it intrigues me to find out what were the stories behind the masks.

– Attilio Rapisarda, Sr Clinical Psychologist at IMH and Assistant Professor Duke-NUS Medical School

### About ThisConnect's Exhibitions

Ming Kwang's creations such as the exhibitions are bold, creative and sometimes hard hitting. There is much pain and honesty and also much love and care in how he approaches the very difficult subject matter of mental health and suicide. His initiatives to start candid conversations are powerful and can help others to begin to increase awareness and to get on the road of recovery and healing.

– Tina Hung, Senior Consultant at National Council of Social Service

### About the Masks of Singapore Book

A creative and meaningful piece of work to bring together everyone from different walks of life to better appreciate inclusiveness.

– Patrick Tay Teck Guan  
Member of Parliament, Pioneer SMC

### About the Masks of Singapore Book

There's something alluring and mysterious about not being able to see the real faces behind the mask. I suppose that conversely, there must be something empowering about being able to hide behind a mask when facing the camera. Yet the mask tells the story of who they want to see themselves as.

My guess is that many of the subjects would have only been willing to "feature" themselves because they were able to hide behind the anonymity of their masks.

I think this provokes thought, because the people behind a mask that really captured your imagination could be (in real life) your friend, cousin, the person you sit next to in the bus etc. yet, you will never know.

So how can you say you really know a person, unless you have seen him/her both with and without his/her mask? The above on the Masks of Singapore represent my personal reflections.

– Leon Yip, Senior Manager (Plans & Development), Temasek Foundation

## WHAT PARTNERS AND COLLABORATORS HAVE SAID

### About the Masks of Singapore Book

Masks of Singapore strikes a deep chord on the humanity within all of us. Every picture almost like a fingerprint, both unique in expression and personal discovery. It was a reflective process to go through every picture, almost challenging me with every page to think about my own masks. I enjoyed this valiant endeavour made by the team at ThisConnect, congratulations on the great work!

– Kenneth, Director & Founder, Solve n+1

### About the Masks of Singapore Book

Thought provoking and highly introspective. Masks of Singapore is the definition of what art can do — it helps us question and understand the world and people around us; and ultimately turns the mirror on ourselves.

Although we do not know who the people or the faces behind the masks, the pictures somehow come across as... personal. We see something of ourselves in those masks, and there is a connection that comes across.

As a book that explores the notion of, "Who am I?", it is interesting to note that this book doesn't provide answers — it merely gives us the freedom to search for the answers ourselves.

– Lee Jyh Yeong, Copywriter

### About the Masks of Singapore Book

Several things caught my attention on mental health well-being from the different images depicted in the book:

1. The masks reflect the honesty of expression - no cosmetics, just real portrayal of the person's feelings at that very moment.
2. If I were in the shoes of someone painting my mask, I'd have a lot of reflection of my life and unmask it with the use of colours and artwork.
3. The different colour gradients is like a journey of someone's emotions.

I resonated with them and felt an indirect connection. I wanted to know their stories and how they felt before and after the masking experience. I love ThisConnect's initiative, its a simple activity, yet impactful to all the people hidden behind those masks.

– Danial Azizan  
Senior Specialist at Microsoft

### About the Masks of Singapore Book

Masks of Singapore was my bedtime companion for the first week after I received my copy. As I browsed through the portraits, it reminded me of how our perceptions of self can be complicated and raw. It promoted introspection and a desire to understand my own self image. I appreciate how this project has managed to set me on this individual pursuit of truth, to discover, connect and hopefully gain a deeper level of consciousness and self-awareness.

– Aaron Oh, Writer

### About the Masks of Singapore Book

What is wholeness if not the integration of the Ego and the Shadow? What is life if not a continuous journey of self-actualisation? Contained and curated within these pages are 572 individuals in varying stages of individuation. Within the discord between the masks' posturing and their bearers' posture lies the answer to the chasm that keeps our true selves detached and eclipsed by our false personas. These pages are a reminder that many of us silently battle demons that we often confront in the worst of times, our efforts shrouded and impeded by stigma and other barriers to mental health services. Confucius said that, "the beginning of wisdom is to call things by their proper name", and what better to begin the path to wholeness than to ask, "Who am I?"

– Min-Hui Fong,  
Principal Auditor, Deutsche Bank

### About the Masks of Singapore Book

In Masks of Singapore, there are so many different masks and each one is unique. No two masks are the same. Each mask holds a story and they kept me wondering about the story behind each person's mask. As I reflected on the possible stories, I am learning to be curious and patient. I hope to hear the stories of everyone I encounter without passing judgement.

– Loh Chuan Yan  
Assistant Senior Social Worker





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