

Tuning in to the Leaders

Session 20



Ms Ho Lai Peng graduated with a Bachelor of Arts (Social Work) from NUS and a Master of Social Work from Washington University, St Louis. She has been a social worker since 1991 and has spent the past 25 years with Tan Tock Seng Hospital. She currently serves as a Principal Medical Social Worker in the Care & Counselling Department.

During her time as a social worker, Ms Ho has contributed greatly to the field through serving in various committees such as the National HIV Policy Review Committee working group, the Research Steering Committee, Institute of Infectious Diseases and Epidemiology and the Family Resource & Education Centre Committee. Her clinical interests include infectious diseases (HIV) as well as issues of grief and bereavement.

Her commitment and passion as a social worker won her the Outstanding Social Worker Award in 2005. In addition, her invaluable contributions to the field also won her the Healthcare Humanity Award, the National Day Commendation Medal, the AHS Outstanding Clinical Educator Award and the NHG Teaching Award for Allied Health Senior Educators.

"Far and away the best prize life offers is the chance to work hard at work worth doing."

Theodore Roosevelt

What is your calling?

You don't "find your calling", you fight for it.

A calling very often starts with taking a stand against status quo that is unacceptable and then dedicating your work to changing it. It's work ignited by hope, love or defiance - stoked by purpose and persistence.

- Dave Isay

(Hear more in the video titled "Advocacy")

Qualities of Social Work Leaders



Passion

"If you don't love something, you're not going to go the extra mile, work the extra weekend, challenge the status quo as much."

- Steve Jobs



Vision

"A great leader's courage to fulfill his vision comes from passion, not position"

- John C. Maxwell

You do astounding things when you do your best. Always do your best, don't look for the approval of others.

- Ms Ho Lai Peng

Qualities of Social Work Leaders



Courage

"Courage is doing what you're afraid to do. There can be no courage unless you are scared."

- Eddie Rickenbacker



Commitment

As a social worker, continue to fight for social justice when the odds are against you.

"In fighting, you may not be

very popular. But you fight because you need to advocate and stand up for something that you believe in."

- Ms Ho Lai Peng

Qualities of Social Work Leaders



Resilience

"That which does not kill us, makes us stronger."

- Friedrich Nietzsche



Finding Meaning

"His view was that life wasn't about avoiding suffering, it's about making meaning."

- Lucy Kalanithi

"It is in the difficult times that you learn and grow. In all the pain, you will see beauty. In suffering, you will find meaning."

- Ms Ho Lai Peng

Qualities of Social Work Leaders

Keep Moving Forward (→)

"If you can't fly then run.
If you can't run then walk.
If you can't walk then crawl,
but whatever you do,
you have to keep moving forward."

- Martin Luther King Jr