

CREATING A LIFE OF PURPOSE

MOVING FORWARD WITH INTENTION

You've built a career. Hit the milestones. And yet, somehow, you still feel unfulfilled.

You've been showing up for your team, your family, your friends — with little time left to ask what you actually want, in a world that keeps shifting under you.

You feel tired, constantly running but getting nowhere.

And somewhere, in the last year or two, a quiet question has been surfacing:

Is this it? What is the life I want to live?

This isn't a crisis. It's a signal to pause.

This one-day experience gives you uninterrupted time to think, tools to sense what's stirring in you, and honest reflection from others — so you can step back from the noise and get clear on what matters.



Who Is This For?

- You're a mid-career professional, who has spent years giving to work, home, and community
- You sense there's more to life than "business as usual" — and want to bring more intention and purpose into it



SUSTAINABILITY
INSTITUTE

A subsidiary company of Sequoia Group, we are dedicated to enabling Human Systems Flourishing of individuals, organisations and, communities



What you will walk away with

- Clarity of what truly matters to you
- Fresh perspectives from others on a similar journey
- Courage to make the concrete shifts towards a more purposeful life

What you will experience

Grounded in a tested methodology for navigating and leading transformative change, you'll be guided through an experiential process to sense emerging possibilities and move forward with intention.

The day unfolds across three movements:

1. Observe



Notice where in your life you've been on autopilot, and when you feel most alive and energised.

2. Sense



Tap into **whole-body intelligence** — not just cognitive reflection — so you can listen deeply to what your inner compass is trying to tell you.

3. Move



Turn insight into intentional actions, leaving with small shifts you can take rather than a big leap you're not ready for.

Post-Workshop Support



Because insights fade easily once you're back in routine - every participant also receives a **complimentary one-hour 1:1 coaching session (worth S\$250)** to help you carry these shifts forward.

Meet Your Facilitators

Led by Tay Hwee Bin and Angela Sujadi, drawing on over 20 years of experience in organisational development, leadership facilitation and systems change work across the public, private and people sectors.



Transformation
Guide & Founder,
Purpose Field Works

TAY Hwee Bin

Hwee Bin spent more than 20 years in Singapore's public and healthcare sectors, helping leaders, teams, and organisations through change and growth. She is an ICF ACC, Certified Organization & Relationship Systems Coach (ORSCC), and a practitioner of awareness-based systems change methodologies.

In late 2024, sensing something needed to shift, she began an inner journey — mindfulness practices, personal transformation programmes, dialogue with fellow practitioners — to find clarity. In 2026, she founded Purpose Field Works to help people move from stuckness to purposeful impact, because she believes people deserve to live out their highest potential with courage and joy.

Having gone through two major career transitions — a move from social enterprise to corporate, and later from marketing to leadership coaching — she recognised how challenging transitions can be, and learnt that the answer often lies within, in knowing what truly matters to us, not outside.

Since 2023, she has supported more than 80 people to find clarity of purpose in midlife transitions through PEASE and Coaching for All that she leads. She is an ICF and Newfield Certified Coach, and an ASEAN Youth Fellow 2022. Prior to Sequoia, she was an award-winning social entrepreneur and worked in marketing at Unilever.



Leadership Coach &
Senior Consultant,
Sequoia Group

Angela Sujadi

3 OCT 2026

9AM TO 5PM
@ SEQUOIA
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Time Limited
Launch Price

\$500

1-full day
workshop &
1h 1:1 follow-up
coaching session
(worth \$250)

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