

AWA1KEN Singapore: Global Leaders Tackle Burnout and AI at 2-Day Wellbeing Gathering

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Burnout and AI anxiety are no longer water-cooler topics; they are everyday realities. **AWA1KEN Singapore**, a two-day wellbeing and leadership gathering by Social Innovation Park, lands on **19 and 20 December 2026** with a line-up of global speakers and more than 30 hands-on wellbeing experiences.

AWA1KEN | Better Together. Image: Social Innovation Park

Why AWA1KEN Singapore is happening now

The organisers cite ManpowerGroupâ??s Global Talent Barometer 2026: 72% of surveyed workers in Singapore said they had recently experienced burnout, while 58% feared AI or related technologies could replace their roles within two years. Social Innovation Park (SIP), founded in 2006 by former Member of Parliament Ms Penny Low, wants to answer a simple question: are we investing as much in people as we are in smarter machines?

The event, titled *AWA1KEN* | *Better Together*, brings together AI experts, scientists, wisdom teachers and what the organisers call breakthrough achievers. If you have been following our coverage of health and safety in Singapore or national screening efforts, this is the mental-wellbeing counterpart.

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Penny Low, founder of Social Innovation Park. Image: Social Innovation Park

Who is speaking at the AWA1KEN Forum

More than 30 global and Singapore speakers are lined up for the Forum on 20 December. Names include:

- **JarosÅ?aw KrÃ³lewski**, founder and CEO of European AI company Synerise;
- **Fr Laurence Freeman OSB**, a wisdom teacher who once taught meditation to the late Mr Lee Kuan Yew;
- **Elisabeth Burda FurtwÃ¤ngler**, co-owner of Hubert Burda Media;
- **Jada Li**, Director of the Coming Together Foundation;
- **A/Prof Daniel Fung**, Chief Wellness Officer of NHG Health and former CEO of the Institute of Mental Health;
- **Venerable Miao Hai**, co-initiator of the United Nations World Meditation Day; and
- **Mina Guli**, the ultra-runner who ran 200 marathons across 32 countries in a year, who will lead a masterclass titled Awakening Your Superpower.

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Elisabetta Jiang, co-initiator of AWA1KEN. Image: Social Innovation Park

A retreat you do, not just watch

Unlike a conventional conference, AWA1KEN invites participants to try things. The **Wellbeing Retreat on 19 December** offers 30-plus guided experiences and drop-in stations, from somatic breathwork and immersive sound to therapeutic Argentine tango, yoga nidra with humming, Taiji walking, art meditation, tea zen and TCM self-care techniques. A shorter Retreat programme runs alongside the Forum on 20 December.

At 4pm on 20 December, the gathering holds *The World Breathes Together*, a synchronised global meditation in support of the United Nations World Meditation Day, open to people of all faiths and none. The weekend closes with an evening Gala for Humanity at Capitol Theatre, The Capitol Kempinski Hotel Singapore, for leaders, philanthropists and changemakers.



AWA1KEN logo (white version). Image: Social Innovation Park

AWA1KEN Singapore: dates, venue and passes

- **19 December:** Wellbeing Retreat
- **20 December:** Experiential Forum; The World Breathes Together at 4pm; Gala for Humanity in the evening
- **Retreat and Forum venue:** One World International School (OWIS), Global Village Campus, 27 Punggol Field Walk, Singapore 828649
- **Gala venue:** Capitol Theatre, The Capitol Kempinski Hotel Singapore, 17 Stamford Road, Singapore 178907
- **Public passes:** S$100 for one day; S$188 for two days

Programme details and registration are on the AWA1KEN website.

Beyond December

SIP says the ambition goes past the two days. Over the next two to three years it aims to train 1,000 people to lead 1,000 Wellbeing & Resilience Circles across Singapore, bringing practical support into workplaces, families and communities, especially for young people, seniors, caregivers and people living with chronic illness. Our take: in a year when so many of us feel stretched, a hands-on format with practical tools may be more useful than yet another panel discussion.

Images: Social Innovation Park.

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