

# Beautiful People Annual Report 2013

*ONE FAMILY INVESTING IN ONE ANOTHER'S DREAMS*

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*Thank you for your love and support!*



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Dear Family and Friends of Beautiful People!

We have another year of family to celebrate this year. 2013 has been a year of incubating dreams and creating more new opportunities for family members to explore their giftedness and passions in service of one another and our community at large.

A few dreams we have seen take shape are:

1. The raising up of new generations of young leaders as co-trainers in the My Beautiful Life programme. It is always our desire that we can each teach and pay forward what we know and learn and this has been a great expression of that at Pertapis. Well done team!

2. Exploring Self-care as a core practice for all volunteers. Our volunteers retreat this year was designed with the idea of creating a fun bonding experience for volunteers as well as an opportunity to explore ways in which each of us care for or neglect ourselves. Especially for those of us who want to volunteer and see giving back or paying forward as a mission in life, all the more important it is to keep this goal in balance with life's other important goals, especially ones we often neglect like our physical, emotional or spiritual health. We hope this will strengthen as a distinctive feature of the way Beautiful People cares for and builds up our volunteers.

3. Creating meaning at work was the experiment undertaken with Good Work! The employability skills programme for girls in the Normal Technical stream was a tremendous success with many lessons learned of what to do more of and less of going forward. The programme designers sought to explore the root of employability and job retention and not just the mechanics of getting a job. They proposed the meaning and relationship at work was far more significant to a young person's working life than hard skills or technical competences. They also sought to demonstrate to a group of otherwise low to moderately achieving girls that commitment and personal pride was a great achievement that they could choose and no one could take from them. For our participating companies, work mentors, big sisters and students, this thesis held true and spurred the team to consider how to improve the next cohort's experience.

There are many other amazing stories in the making and I know we can look forward to more leaders emerging and seeing the family fulfilling our dreams together.

Many blessings,  
*Melissa Kwee*



# AG Home

**My Beautiful Life (MBL)** is a mentoring programme for teenage girls in four of our partner welfare homes. It is a one-year programme for girls who are about to be discharged from the homes. Each girl is paired with a Big Sister mentor who is there to walk her through key life transitions and to help her start with a positive and supportive circle of friends as she re-integrates into society.

The programme is based on the importance of building a positive self-image, making responsible choices, strengthening family/social networks plus essential life skills such as communication, conflict and stress management and teamwork. The programme also includes Financial Education and Community Involvement Projects.

## Highlights of our Home Programmes

### **AG Home (Partner since 2006)**

Co-leaders: Lim Kwee Yen, Jennifer Lim and Chan Siew Wai

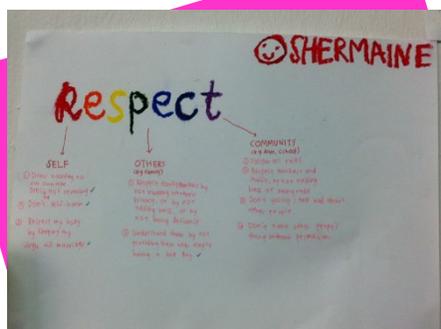
No. of girls: 7

It was a dream come true for the AG sisters to come together one day to pay it forward, by sharing various acts of kindness with the community. The first opportunity came when the sisters visited some one-room flats in the MacPherson neighbourhood. The sisters brought warmth to these less fortunate families by cleaning their homes and leaving them with a more comfortable and hygienic living environment. They also experienced much joy and fun reading to the children of these families.

Not forgetting our pioneer generation, the AG sisters also went door-to-door in the mature estates with the Lion Befrienders, to give out mooncakes to the old folks during the Moon Cake Festival. Many of us felt that we had received much more than what they gave. Indeed, one of the little sisters shared, "I used to fear and dislike the old folks. But during this visit, I chatted with them and learnt a lot from hearing about their life experiences and stories."

Having completed two local community service projects in a year, the AG sisters decided to organise an overseas community service project with the El Zion Grace Orphanage in Batam, Indonesia. Six little sisters packed their bags and went to touch the lives of the children in the orphanage. They helped to clean up and refurbish the living area of the orphanage and also conducted activities for the children such as swimming and telematches. The little sisters learnt to appreciate and be grateful for all the privileges that we have in our lives.

Through these activities, the big sisters were inspired by the little sisters' generosity, altruism, love, empathy and compassion. We are confident that the little sisters will continue to spread kindness in their own little ways!



# Gracehaven



## Gracehaven (Partner since 2012)

Co-leaders: Serene Koh and Chiong Suet Chee  
No. of girls: 17

Our theme was about the dreams and goals that matter to us. As we continued on in 2013, we explored the values, attitudes and skills that we would need in order to achieve our dreams.

Highlights include the Amazing Race that we had together in March 2013. Fond memories were shared, and we learnt about teamwork as well as resilience as the different teams of Big and Little Sisters competed and raced to complete the various photo challenges. In April 2013, we had an incredibly enriching and fun-filled Financial Simulation Workshop. Everyone learnt about the importance of saving and planning when making financial decisions.

In May, we celebrated our journey together- with a **“Dreams Come True”** photoshoot. The Little Sisters were asked to imagine that they had already achieved their dream. What would the image look like? There was astounding support from the Beautiful People family to turn the photoshoot from a dream into reality.

The Big and Little Sisters graduated in June 2013, after a 9-month journey together. Big and Little Sisters performed at the graduation, unleashing their hidden talents and abilities. Pictures from the **“Dreams Come True”** photoshoot were unveiled, to remind and encourage the Little Sisters of the possibilities they can achieve as long as they believe in their dreams!



# Pertapis Centre for Women & Girls

## Pertapis Centre for Women & Girls (Partner since 2009)

Co-leaders: Quek Jing Yan,  
Yap Hwee Hoon and Teo Ai Ling  
No. of girls: 11

In August 2013, we invited the Little Sisters and their families for a Hari Raya lunch celebration. Besides the opportunity to meet the girls' families for the first time, it was also a proud moment to see little sister Artika giving a thank you speech in both English and Malay.

The team also grew closer when we had our 2D1N camp at Yishun Safra, where together, we conquered our fear in the high element stations and shared our dreams and goals in activities facilitated by Big Sisters from previous batches.

The highlights for My Beautiful Life programme came when we did our community service project with the Children's Cancer Foundation (a project selected by the little sisters) in November and celebrated our achievements for the year with a graduation ceremony in December.

It was a happy ending for everyone when the big sisters were each presented with a dream catcher handmade by the little sisters.



# The Tent



## The Tent (Partner since 2010)

Co-leaders: Veronica Pang & Ying Ye

No. of girls: 16

A tuition programme was started to help the little sisters in their school work. The tuition time also allowed the big sisters to bond with their Little Sisters. We would like to thank **Fundamatics Learning Centre for sponsoring 3 girls for tuition.**

With the December camp, we ended the year in appreciation and thanksgiving as the Little Sisters had done well in their examinations.

A visit to the Apex Lodge also provided an opportunity for the girls to show love and compassion to the elderly.

The **Mid-Autumn Festival** (or Mooncake Festival) is a traditional event when family members gather to give thanks for a bountiful harvest under the bright full moon. The Big and Little sisters celebrated this special occasion with fun and games. Everyone had the chance to make moon cakes for each other with special messages of appreciation embedded in them. We sang and danced and played games of Chinese riddles. We had a wonderful time bonding with each other. It was a team effort with the Big Sisters preparing food and snacks for the party while the Little sisters decorated the place with mini-lanterns.

# An Inspiring Mentoring Story

## Our Big and Little Sister share their story

*By Wang Jiunwen & Karyn Choo*

What goes into building a relationship with our Little Sister that is meaningful, impactful and lasts? Big Sister Phyllis and Little Sister Azura kindly shared with us their journey. We would like to share their story with all Big Sisters and Little Sisters, and hope this will inspire you to keep walking together.

“I choose to trust her,” said Azura when asked why she saw Phyllis as a significant person in her life. Perhaps it was Phyllis’ unwavering support during Azura’s challenging times in life that bonded them and led the Little Sister to place trust in her Big Sister.

At the age of 21, Azura took on the daunting role of becoming her family’s sole breadwinner. During this time, Phyllis helped Azura realize that she could fulfil her dreams even while providing for her family. Azura’s start at work was challenging as she faced doubts on many fronts that she was capable of doing frontline work. However, she eventually proved herself and even received many compliments from customers. Today, Azura works at a call centre and has recently been awarded a Certificate of Best Performance, an achievement that the Beautiful People family is very proud of.

Another difficult period was when Azura had to seek treatment for a leg infection. Phyllis became a pillar of support as they made visits to different doctors to get a proper diagnosis for her condition and sought ways to raise funds for treatment. There were trying moments filled with disappointment, but also joy and relief. Most importantly, journeying through these shared experiences also brought the pair closer together.

So what does it take for a mentoring relationship to blossom?

Both Phyllis and Azura feel that giving each other space helps. Sometimes it may take a while for the Little Sister to open up to the Big Sister. Phyllis has learned to pace with Azura, she says, “When she is not ready to work on her situation, I stand next to her, letting her know I will walk with her when she is ready”. Phyllis believes that love and sincerity will move a person over time.

For Azura, having a Big Sister whom she feels does not judge her has been important for their relationship. Azura appreciates that Phyllis takes a forward-looking approach and never asked about her past or why she was in the rehabilitation home. A Big Sister is different from a professional care staff, who would be taking notes during their conversations, something which made her feel that she could not quite share as freely.

Azura is also grateful for the guidance and support of other Big Sisters whom she considers family to her. Going through the “My Beautiful Life” programme has helped her learn useful life skills such as resume writing, and to connect to a community of Big Sisters who have exposed her to more possibilities in life.

Azura appreciates that Big Sisters help her to explore options and possible scenarios rather than provide answers to the situations or problems that she faces; this forces her to think through things and hone her decision-making acumen in the process. Phyllis shared that this means learning to respect the decision of the Little Sister regardless of what she chooses.

From their experience journeying together, the pair has some advice to share. For a start, a relationship can go far only if both Big and Little Sisters want to embark on the journey together. Azura feels that if both are willing to make the mentoring journey work, it does not matter whom the Little Sister is paired with.

From a Big Sister's perspective, Phyllis feels that one must set realistic expectations with the Little Sister. Being committed is important - if a Big Sister promises something, she must honour it. Big Sisters are role models to Little Sisters and this is also a way of teaching them about responsibility.

Azura feels that mutual respect for each other is key to making the relationship work. She advises Big Sisters to balance between indulging in Little Sisters and building discipline in Little Sisters. She cautioned against giving Little Sisters money as this may create a relationship that hinges upon the Big Sisters' willingness to provide for the Little Sisters.

Phyllis feels that as the learning journey is a parallel one, Big Sisters should also actively share with Little Sisters their ups and downs in life. Little Sisters can celebrate their Big Sisters' happy moments and even provide a shoulder to cry on during sad moments. For Phyllis, her walk with Azura through challenging life transitions gives her strength whenever she feels down.

To keep the relationship going, Phyllis suggests participating together in common interest activities such as painting, sports or dancing. Doing community work is a dream that Phyllis and Azura share. They have been on community projects to orphanages in Batam and Mae Sot where they taught English to the children there. This has been a meaningful way for them to bond. Going forward, Phyllis would like to involve Azura's mother more in their activities together.

To end off, we would like to leave you with a quote by writer and philosopher Albert Camus that we feel captures the essence of Azura's and Phyllis' relationship:

*"Don't walk behind me; I may not lead.*

*Don't walk in front of me; I may not follow.*

*Just walk beside me and be my friend."*

- Albert Camus



# BP Family



## We are a relationship, not a programme

**Co-leaders:** Dora Yeo, Allison Phua and Ashley Wong  
**Established in:** 2011

Our key vision is to ensure that our relationships with the Little Sisters endure beyond the time that they spend in the Homes, and to provide for opportunities to make meaningful connections, bonding time and ensure our growth in sisterhood.

Consonant with our message of family ties and togetherness, and fuelled by our desire to grow and evolve with the needs of our Big and Little Sisters, the BP Club was re-branded as the “BP Family”. The new name reflects our desire to ensure that all Sisters, big and small, from the various homes, feel included and a part of a growing pool of girls and volunteers.

As BP Family, we continued to organise cook-out sessions with the girls, which included a massive rainbow cake experiment (resulting in numerous Instagram photos) as well as practiced delicious recipes that we had learnt earlier. We built on this concept, inviting a “celebrity chef” into our kitchens - the CEO of Cathay Organisation, Mr Suhaimi Rafdi. He was more than willing to share his amazing recipes for simple, home-cooked food. Coming from a humble background himself, his personal journey towards success was inspiring for many of our Little Sisters.

As some of our Little Sisters have also recently become mothers themselves, the BP Family is providing assistance where necessary. We continue to celebrate birthdays with enthusiasm and love - some of our (not-so) Little Sisters have turned 21 this year and we are proud to be able to celebrate their coming-of-age together with them.

Our perennial Financial Education Workshops were once again a hit with the girls this year - the Little Sisters were engaged in fun and interesting ways as they were educated in the intricacies of money management, insurance policies and credit card usage.

2013 was also a year of no small amount of planning, as we involved our Young Leaders in the organisation of a huge celebration at the start of 2014. We were extremely proud of the dedication, perseverance and responsibility that our Young Leaders showed in the build up to BP’s Family Day.

# Community Involvement Programme

## *A Community Involvement Programme (CIP) To bring Love and Hope to Batam*

Twenty four AG Home girls, their home guardian and Beautiful People big sisters went on an overseas community involvement programme (CIP) to Batam on 23 - 24 November 2013.

The trip was the highlight of the 2013 Beautiful People programme at AG Home, to impart life skills and a sense of responsibility in the girls. Involved in the planning and preparation from the start, the girls defined the mission and raised funds for the trip

Over the two days, the girls brought joy and fun to the 24 children from El Zion Home in Batam, through activities such as games, t-shirt painting, swimming and house painting.

*Their takeaways...*

I've learnt that I should help the needy people because we are more fortunate than them so *we've got the ability to reach out to them.* During the Batam trip, we helped an orphanage called El Zion and painted most of the walls in the house. *It may seem very little to us but to them it's really a lot.* They were so happy and grateful. Looking at their smiles really made me feel that it was worth it to go to Batam. I wish I can go again to help anybody who needs help as much as possible.

- Vicky

I learned not to complain so much as there are more unfortunate children out there who need serious help. And just eating with them, you can see the smiles on their faces. This programme helped me to realize that *there are so many things that I've yet to explore in the world.* - Shiyun

During the Batam trip, I learned more about working as a team as *not everything could be done alone.* I also learned that there are many more unfortunate kids out there. I learned *trust, love, understanding and also honesty.* We went through a lot before being able to go for the Batam trip, attending BP sessions, sacrificing our television time for it. We also learnt a lot of life skills. It was really a good opportunity for me. I would really love to go back and visit El Zion home. If I didn't *persevere* in this program, I wouldn't have had the chance to go Batam. - Carissa

*Thank you Temasek Holdings, for your kind sponsorship in helping making this trip possible!*

# Good Work!



## Redefining the meaning of work

By Karyn Choo and Yong Yoek Ling

What if we opened up the world of work to our girls as a challenge? What if work did not have to be dreary or boring, but became a fun way to learn and grow? What if we could bring out the nurturing kindness at workplaces?

And thus, Good Work! was born. Designed as an empowering work trial experience for our Little Sisters, it sought to redefine the meaning of work, as well as the transformation that partners in the corporate world and the community can achieve together.

Over the course of 10 weeks, Little Sisters learnt life skills both in the classroom and in the real world of work. Through it all, they were supported by a network of peers, Big Sisters, coaches and mentors at work, who by the end, had become important influences and a source of strength.

Listen to what our pioneer batch of Good Work! has to say about their experience!

“I learnt the *power of social support*- with the love, encouragement and support from one another, we can truly push our limits and boundaries to *attain greater heights collectively as a family*. The workshops demonstrated the power of opening our hearts to one another. I am thankful for each and every one of the relationships I have built with you all during these 10 weeks.”  
-Jiunwen, Big Sister

“The camp was one of the best I have ever been to. The trek was my favourite part. It’s kind of related to life. No matter what ups and downs we’ve been through, never give up. After the camp it felt like everyone was more bonded. The working experience was also great. I think it made us more mature and we managed to *discover qualities of ourselves that we didn’t know we had.*”  
-A, Little Sister

“A used to be easily distracted and did not have a goal. After the Good Work! programme, I found that A had become more focused and motivated in her studies. She now wants to do well to lessen her father’s burden. I also saw that S was very proud to be able to give her parents money for groceries and transport to work, using her paycheque. *She felt good giving back to them.*”  
-Xue-Si, Teacher at Hillgrove Secondary School

“It’s important that the companies give them a chance to learn and have this experience. *The programme is to me, very challenging and fulfilling.*”  
-Salima, Work Mentor, Pontiac Land

*Much gratitude to the corporate partners, work mentors, Big Sisters, coaches and trainers who took a leap of faith, believing in the transformational power of mentoring relationships at work! - Au Chocolat, Glow International, KFC, Lorea Singapore, Resorts World Sentosa, Pontiac Land, COMO Foundation-*



# NVPC President's Award for Volunteerism

## Recognition

2013 was a phenomenal year for Beautiful People! In October we were awarded the *National Volunteer & Philanthropy Centre's President Award for Volunteerism (Informal Group Category)*. We are extremely honoured and grateful to receive this recognition. This award is a testimony to our commitment and growth as "one family supporting the pursuit of one another's dreams", a vision that continues to inspire us.

Our volunteers or big sisters walk a parallel journey of transformation with the little sisters they mentor, and together they discover and share life changing experiences. Ultimately, *Beautiful People is a "Relationship Not a Programme"* - we grow, change and discover ourselves through the depth of our relationship with each other, and through the support of a caring community.

We are proud to announce that Beautiful People also won high recognition from our big sisters. In a feedback survey conducted in 2013, big sisters gave BP excellent scores on relationship and learning. *90% said they have someone in the BP family they can turn to for support. 8 in 10 said they have learned more about themselves and 74% claimed they have learned more about mentoring since they started volunteering with BP. We are grateful to our big sisters for their vote of confidence.*



## Volunteer Training & Engagement

In 2013 we had 35 new volunteers joined our family of Big Sisters. One training and learning highlight this year was the launch of the Leadership Development Training Programme in May. This is in line with our commitment to grow a new generation of leaders and empower them to be Movement Catalysts in order to take Beautiful People to the next level.

In May the leadership workshop was conducted for home co-leaders and core team members. The objectives were to get everyone on board the BP Movement, to clarify individual roles and participation within the movement and to identify strengths and gaps in living the BP values. In addition to the workshop, Coaching Circles were formed in July where ExCo members and senior Big Sisters act as mentors to an assigned group of Big Sisters who were either home co-leaders or active members of the various functional teams. This allows us to build learning communities and to shape culture in a more personal way.

As part of the on-going capacity building for Big Sisters, we also ran an Advanced Mentor workshop in July. Big Sisters got together for an interactive session on how to have Crucial Conversations as well as practice their Facilitation Skills.

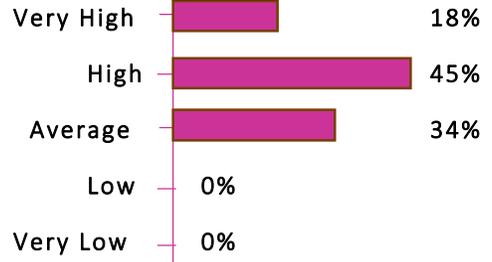
# Volunteer Training & Engagement

Relationshipship

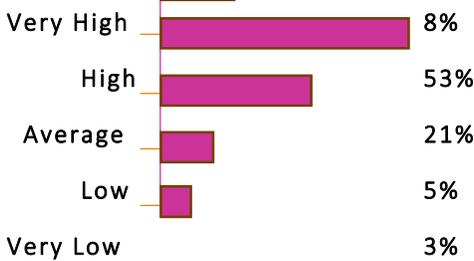
**90%**

of Big Sisters have someone within BP they can turn to for support

Quality of Relationships with other Big Sisters

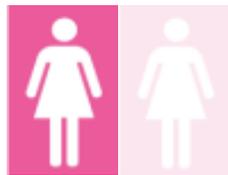


Quality of Relationships with Little Sisters



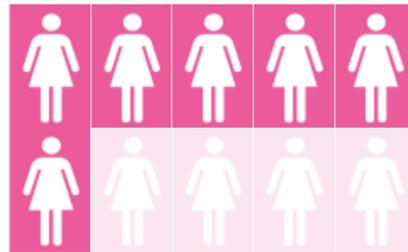
**61%**

rated the quality of relationship with their Little Sisters as high



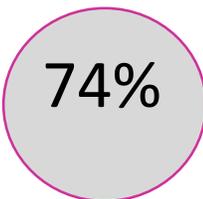
**1 out of 2**

say BP provides adequate resources to equip BS for relationships with LS



**6 out of 10**

say they understand BP's latest direct



have learned more about mentoring since joining BP



have are learned more about themselves since starting with BP

Resources

Learning

# Fundraising

## FUNDRAISING 2013 REPORT

In 2013, the Fundraising Team organised *two 'Live Your Dream!' events* in support of *Big Sisters Vanessa Tan and Low Wei Yong's* goal of raising funds in support of Beautiful People by embarking on one of the toughest races in the world, *RacingThePlanet: Iceland 2013*.

The first event was held at *2am:dessertbar*, a most generous venue partner for Beautiful People. Held on a Saturday afternoon, July 6 2013, we had a great turnout of friends and families of the Big Sisters. Performances by Little Sisters Nina and K\* helped make the afternoon a fun event with much eating, drinking and laughing. Within the three hours at the event, Vanessa and Wei Yong helped raise **\$6,395.48**, with more funds donated online at SG Gives.

A second event was held November 30 2013 at venue partner *artistry* to welcome Vanessa and Wei Yong back from their gruelling run in August. Vanessa shared her experiences (Wei Yong hurt her ankle early in the run and had to pull out of the race) and thanked her many supporters, especially the *notes of encouragement by the Little Sisters* she read throughout the run.

Torrential rains that evening affected the turnout but those who came were given a rockin' good time by our talented Little Sisters Nina and Phoebe. A very generous raffle which included prizes from *Carrie K curated editions, The GoDown, Immigrants - The Singapore Gastrobar, Relish* and donations from *Big Sister Dora Yeo* and an anonymous donor helped raise **\$4,271.20**, despite the low turnout.

More importantly, both events created awareness for Beautiful People and a number of volunteers signed up as Big Sisters to continue our journey of helping to make dreams come true.

Besides the two events organised by the team, Beautiful People also received **\$12,604.00** from *Club21 and the Como Foundation*, in addition to donations at SG Gives.

Prepared by Meena Mylvaganam-Tay

On behalf of the Fundraising Team





# Acknowledgements

*We would like to thank our following organisations for their support:*

2am:dessertbar  
Artistry  
Au Chocolat Singapore  
COMO Foundation  
Club 21  
Fundamentals Learning Centre  
Glow International  
KFC Singapore  
LÓreal Singapore Pte Ltd  
MasterCard International  
Pontiac Land Group  
Resorts World Sentosa  
Temasek Foundation  
Toa Payoh Central Community Club  
UNIFEM

*Partners*

AG Home  
Beyond Social Services  
Gracehaven  
Pertapis Centre for Women & Girls  
The TENT  
Chestnut Drive Secondary School  
Hillgrove Secondary School  
Regent Secondary School  
Shuqun Secondary School

*And all the individuals who have helped us in one way or another.*

*We would not be what we are today without you!*