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Dr Tan E-Ching is the founding Director of Hallmark Health, a mental wellness and holistic health centre that specialises in conducting training programmes on Mindfulness, Emotional Intelligence and Resilience for both children and adults.

Dr Tan is deeply passionate about imparting the tools of resilience and mindfulness to the younger generation. In her 20 years as a Senior Family Physician of a group medical practice, she observed a rising trend of mental health problems like anxiety and depression in all age groups, particularly the younger generation. There was a clearly a pressing need for practitioners who could provide targeted counselling and holistic care. This inspired Dr Tan to start Hallmark Health to run programmes to equip students and adults with the important tools of mindfulness and emotional intelligence.

Dr Tan graduated from the National University of Singapore Medical Faculty in 1994. She is married to a fellow doctor and they have 3 children. Dr Tan is an experienced mindfulness practitioner for many years and has received training in internationally recognised mindfulness and emotional intelligence programmes. She has been invited to give talks on mental wellness in schools and institutions of higher learning. She has been a volunteer doctor for the last 20 years at St John's Singapore, a non-profit organisation providing first-aid, life support and youth development. Dr Tan also runs free workshops for children and at-risk youths from disadvantaged backgrounds in various children's Homes and charity organisations. In addition, she is a facilitator in the Singapore Youth Mental Wellbeing initiative.

People have often asked Dr Tan what her secret is to raising well-adjusted, all-rounded children who have gone through the Gifted Education Program and hold top leadership positions in schools, yet remaining humble and kind. Dr Tan hopes to be able to share her experience and expertise especially in today's climate when the numbers reporting issues like insomnia, anxiety and depression are rising exponentially. There is an urgent need to equip both children and adults with the vital life skills like mindfulness, self-care, confidence and communication skills to help them navigate the challenges in life.