

RESILIENCE THROUGH SPORTS



JOAN HUNG

NATIONAL GOALBALL ATHLETE
WORKSHOP LEADER | SPEAKER



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DESCRIPTION

RESILIENCE THROUGH SPORTS

Joan is our national Goalball athlete, as well as the top scorer in the women's Goalball team. She is also one of the recipients for the Goh Chok Tong Enable Awards 2021.

How one thinks when faced with obstacles dictates how resilient you can be. Despite facing challenges in her sport while coping with a deteriorating sight, learning the right mindset has helped Joan to navigate the world and overcome her obstacles both in sport & in life.

Through Joan's shared strategies, stories, and perspectives, her audience will gain insights into her blind world, learn more about the Paralympic sport of Goalball, as well as be inspired by how a simple shift in mindset to refocus on what's within one's control will enable anyone to overcome setbacks and achieve our goals.

ABOUT JOAN...

Both Joan's parents are blind.

Joan was the first Para athlete to lead the athlete's pledge for the SEA Games and ASEAN Para Games contingent.

She was also the first visually-impaired host for the Inclusive Sports Conference 2020.

She has led several varsity dialogue sessions, discussing issues centred around Inclusion & Resilience. Yale-NUS College & Singapore Institute of Technology being most recent.

Joan's team won the Team of the Year (Resilience) at the 2021 Disability Sports Award.

Joan works closely with at-risk youths, as a facilitator for a Resilience program, Control Your Controllables.

She teaches Goalball to visually-impaired students at Lighthouse School.

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