



Grace in Garman: The Discipline of Composed Authority

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Disclosure

No disclosures



Grace Under Pressure



- Not effortless calm, but trained composure
- Leadership begins with how we carry

Grace in Leadership

- Grace without truth becomes avoidance
- Truth without grace becomes harshness
- Composed authority holds both
- Correct the issue
- Preserve the relationship

Grace Takes Discipline

- Read the room
- Regulate ourselves
- Know your options
- Decide clearly
- Act composed
- Composure is prepared before pressure arrives



Gaman (我慢)



- Endure with Dignity
- Stay steady
- Keep the long-term goal in view
- Deliberate restraint keeping composure

Source: BBC Worklife, “The art of perseverance: How gaman defined Japan,” 2019.

Grace in Garman



- Gaman gives grace backbone
- Grace gives gaman humanity
- Rooted enough to endure. Human (& female) enough to lead

Grace is Strength



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Thank you
SingHealth

References

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The banner features a central globe with green leaves floating around it, set against a light blue background with faint medical icons. At the top left are the logos for AOCR (Asian Oceanian Congress of Radiology) and SGCR WIRES (Singapore Congress of Radiology). Below these logos, the text reads 'SINGAPORE 2026' and 'Joint Conference of 24th Asian Oceanian Congress of Radiology (AOCR) & SGCR-WIRES'. The main title 'Imaging Beyond Borders, Shaping a Sustainable Future' is prominently displayed in the center. Below the title, a dark brown pill-shaped button contains the dates '20 - 23 August 2026 | Singapore'. At the bottom left of the banner is a QR code and the website URL 'www.sgcr-wires.com/aocr2026'.

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