



## Video Transcript

### Embracing change with grace

00:06 Dr. Yim, it's been a very long time. We met in early 2005. So much has changed. You want to share a little bit of how things have evolved since we last met?

00:18 Well, I'm no longer a surgeon. I'm an artist.

Anthony Yim, MD | Surgeon-Turned-Artist

00:22 I stopped surgery because of health reasons.

Feisal Alibhai | Founder and Integrative Head, Qineticare

00:26 But there's a silver lining. Before I was, like, rushing through life. But now I can notice the smile on people's face, the flowers, the birds, the butterfly.

00:43 Parkinson's is a blessing in disguise for me. Because, without which, I would have missed out probably the most significant chapter in my life.

00:56 That must have been a really challenging shift. I remember when I was diagnosed with stage three cancer. It felt like a death sentence. But then you, along with Dr. Loh saved my life.

01:08 Change is ubiquitous. Even change is no longer constant. It is moving at an exponential rate.

01:18 How one responds to a situation defines the person. We have to accept the inevitable. Instead of changing the world, why don't we try to change the way we see the world?

01:33 So how has that changed your life and your view of the world as you express yourself through the art that you've created?

01:40 I look at art as a vehicle to take me to an inner journey to rediscover myself. Your mindset is your world, because we all perceive the world differently.

01:54 If you come into the lobby of this building, you will see a painting I made called 'Inborn Talent and Self-identity' it tells you that every person has talent. That said, you have to develop that talent, you have to reach, deep inside you to find out who you really are.

02:21 Art has profoundly opened up my perspective on life.

- 02:28 So as you reflect back on your life, what are you the most proud of?
- 02:32 What I'm most proud of is not my medical achievements, nor my achievements in art, but that I could make the transition from a surgeon to an artist.
- 02:46 I have found my purpose. I hope my experience could make a difference to others when they are facing similar life adversities and turn challenge into opportunities.
- 03:01 We have to be grateful because we ended up stronger, a better person, a happier person. What more can we expect in life?
- 03:12 So once again, I want to thank you. And I want to thank HSBC for bringing us together after 17 years. Thank you for saving my life.