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# Quah Ting Wen



Quah Ting Wen is one of Singapore's most accomplished athletes and a defining figure in the nation's sporting history. A three-time Olympian, Asian Games medallist, and multi-time Southeast Asian Games (SEA Games) gold medallist, she has represented Singapore on the international stage since the age of 12. Today, she stands as the national team's most senior swimmer and a respected mentor—alongside her brother and sister, who also compete at the highest level for the country.

Across her 20-year career, Ting Wen has amassed more than 50 medals at the SEA Games, been named Best Athlete of the Games, and competed at the world's most elite competitions, including the Olympics, Asian Games, and Commonwealth Games. She was part of the historic women's 4x100m medley relay team that qualified for the Paris 2024 Olympics on merit—marking a significant milestone for Singapore swimming. As a UCLA graduate balancing student-athlete life in the United States, she understands firsthand the rigours of discipline, time management, and ambition across cultures.

Her journey has not been without challenges. In 2017, Ting Wen was diagnosed with clinical depression and has since become an open advocate for mental health in sport—sharing candidly about burnout, recovery, and resilience. She speaks passionately about the importance of mental well-being, vulnerability in leadership, and sustaining performance through life's highs and lows. Her story resonates not just with athletes, but with professionals navigating change, pressure, and purpose.

Today, Ting Wen is a sought-after speaker and role model, inspiring audiences across corporate, educational, and community settings. She speaks on topics such as resilience, mindset, high performance, leadership under pressure, and athlete transition. Whether addressing students, executives, or emerging leaders, she brings authenticity, warmth, and insight drawn from a life lived in pursuit of excellence and self-awareness.