

DELIVERING AWARD-WINNING
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LIFESTYLE

TALKSHOW

Hear U Out

Catch Singapore's most dramatic variety program host Quan Yifong in this all-new real, raw and direct talk show where she has candid chats with her guests sharing timeless life stories and juicy gossips.

Don't forget to watch out for answers to questions posted by viewers on me-Watch Instagram stories!

Celebrities include: Tay Ping Hui, Kym Ng, Fann Wong, Jeanette Aw and Xia Xue.

Hosts: Quan Yifong

权听你说

权怡凤与嘉宾的深度聊天实录。汇集青春轨迹、时代故事、励志范本与八卦杂谈。既犀利又温馨的权式访谈风格，以知性、幽默的方式，为嘉宾熬出一碗碗心灵鸡汤。

主持人: 权怡凤

Language: Chinese

Episode: 44 x 30 minutes
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For sales enquiries on content distribution:

Grace Chia gracechia@mediacorp.com.sg
Pamela Teo pamelateoww@mediacorp.com.sg
Tracy Sim tracysim@mediacop.com.sg
<http://contentdistribution.mediacorp.sg>





EP1: Tay Ping Hui Part 1

Tay Ping Hui shares stories from his rebellious youth and how his acting career started.

EP2: Tay Ping Hui Part 2

How does high EQ Tay Ping Hui handles unfavourable situations? Yifong discovers multi-talented Ping Hui has some interesting skills.

EP3: Kym Ng Part 1

An episode of endless laughter between Singapore's 2 favourite variety hosts. What will Kym Ng reveal in her first ever talk show?

EP4: Kym Ng Part 2

Kym Ng has been known to be a role model for many within the industry. What motivates her actions and what are her thoughts at different situations?

EP5: Fann Wong Part 1

Behind the glitz and glamour, even the biggest stars have their ups and downs. Fann Wong shares her greatest regret and how she stood by her husband during his lowest point in life.

EP6: Fann Wong Part 2

A surprise video call from Fann's husband and son reveals the gentle side of the star. Yifong learns more about the incident that made ever-daring Fann become the timid woman she never was.

EP7: Xia Xue Part 1

Expects sparks when you put two dramatic queens together. How does one of Singapore's most popular influencer Xiaxue overcome negative comments online?

EP8: Xia Xue Part 2

Who would have thought that fearless Xiaxue has a weakness? What advice does she have for influencer-wannabes?

EP9: Jeanette Aw Part 1

From actress to filmmaker and now a patisserie, what are the challenges Jeanette Aw faced?

EP10: Jeanette Aw Part 2

Jeanette Aw reveals her persistent and no-nonsense side. The conscientious actress also shared how she gradually merged with a character suffering from depression while she was portraying the role.

EP11: Carrie Wong Part 1

Carrie Wong confesses she looks better in photos than in real life. Since she was scouted in a TV program at 19, she is no stranger to scandal in the local entertainment scene. A self-professed fan of the novelist Louis Cha, she would even give her life to perform her own stunts in her first period drama?

EP12: Carrie Wong Part 2

Carrie's text scandal erupted on her mother's birthday, how did that impact her and her career? Artistes are public figures yet how can they or the public distinguish the line between sharing and privacy invasion?

EP13: Elvin Ng Part 1

Weird. "Sweat-burger". "Problem Child". These are just some of the nicknames Elvin Ng has. Socially awkward since young, Elvin entered the local entertainment scene with his good looks. Even though he has never won praise for this acting, he has learnt to just do his best.

EP14: Elvin Ng Part 2

"Night is darkest just before dawn." Elvin, king of non-sequiturs, will clear your misunderstandings in this episode. Yet, when talking about the passing of his father, Elvin tears up on screen on keeping his deathbed promise with his father.

EP 15: "Gangster Lawyer" Josephus & Darren

It's a contest of wits between our host and a pair of lawyers. Josephus and his good friend, Darren share their delinquent past and how they turned over a new leaf, even continuing to give back to the society by sharing their experience.

EP16: Jasmine Sokko

Mask, EDM, Alien - these three seemingly disparate words define Jasmine Sokko. A favourite among fans in the dance music scene, yet who is the real Jasmine Sokko under the mask?

EP17: Desmond Tan Part 1

Desmond brings his dog, Hoshi, on TV for the first time in a decade. His motto in life is to "never give up" yet there were times in what seems like a smooth sailing career so far made him want to give up.

EP 18: Desmond Tan Part 2

In order to become a real actor, Desmond discovered he has to get rid of the pretty boy image. And his emotions flowed while talking about his friendship with Rebecca...

EP 19: Sylvia Chan

Sylvia is an influencer and also an entrepreneur. She is a loud, boisterous host in front of the cameras but a strict, no-nonsense boss behind. She painstakingly grew her company but many were only curious about her divorce. What's her story behind her bright hair and red lipstick?

EP 20: Eleanor Lee Part 1

This may be Yifong's most difficult interview in her career - her daughter. Eleanor's acting career in China took off without a hitch, her skyrocketing popularity also gaining her many fans. What is her motivation for trying to carve a career overseas? Eleanor once had difficulties in learning, how was she able to attain top marks in her art school's entrance exam?

EP 21: Eleanor Lee Part 2

Yifong and Eleanor talks about the past, how the daughter has to be there for her mum during the hard times. Their tight bond is famous throughout the industry. In Eleanor's eyes, what is a father's love to her?

EP 22: Chen Hanwei Part 1

Hanwei became an actor 30 years ago. In his three-decade career, he has become an award winning actor and made friends out of a foe, Zoe Tay. To many, Hanwei's Fang Laoshi character made him a household name but it was this role that brought him untold misery and in a moment of impulsiveness, he suffered for three years behind the cameras.



EP23: Chen Hanwei Part 2

The actor among actors, Hanwei was brought back down to earth after six Best Actor accolades pushed his fame sky high. His natural acting won him praise but he is more excited about mentoring the next generation of actors. Though jokingly known as "Dr. Tan", Hanwei is actually not kiasi, rather the filial son feels he needs to be healthy to take care of his family.

EP24: Chew Chor Meng Part 1

Yifong's old partner, Ah Bee aka Chew Chor Meng is finally here! Their undeniable chemistry and witty banter has the whole studio in laughter.

EP25: Chew Chor Meng Part 2

For 10 years, Chor Meng thought he was suffering from a severe slipped disc. But he was finally diagnosed with Spinal Muscular Atrophy 12 years ago. How is he keeping up with his daily lifestyle with his fast deteriorating health? His outlook on life changed, now he hopes people will not sympathize, rather empathise with his condition.

EP26: Sharon Au Part 1

Currently residing in Paris and having won 4 Best Programme Host in Star Awards, Sharon Au used to made silly mistakes when she first joined the media industry.

When she left the limelight to take on a scholarship to pursue further studies in Japan, little did she expect it would turn out to be yet another legendary and inspirational journey of life.

EP27: Sharon Au Part 2

When Sharon recounted how she reconciled her relationship with her mother after years of living with others since young, it was both heartbreaking and gratifying. What challenges did she encounter upon returning from her studies to work behind the scenes? Still eloquent, witty and lively, will she consider returning to showbiz?

EP28: Derrick Hoh

Derrick Hoh spent more than 10 years in Taiwan, establishing his music career. The boyish-looking singer caught many unawares with his sudden marriage this year. Despite his struggles, all Derrick wants to do is to spread comfort with his music.

EP29: Fiona Xie Part 1

Fiona Xie was already making waves in the advertising industry before joining showbiz. For someone who is westernised and weak in Chinese, how did she break into the media industry? At the peak of her popularity, she quit showbiz to pursue true love. It turned out her desire for love was a result of her childhood upbringing ...

EP30: Fiona Xie Part 2

For someone who once gave up her acting career for love, how has Fiona grown after years of life abroad? What does she look for in her pursuit of happiness? Inadvertently break into Hollywood, will Fiona continue to shine on screen?

EP31: Lee Teng Part 1

Lee Teng, who left his family in Taiwan since young to pursue his studies in Singapore, shares his student life with Yifeng. With a deep passion for performing, he embarked on a career as a TV host that encountered a career low as well as filled with hilarious and embarrassing moments.

EP32: Lee Teng Part 2

Jeanette Aw reveals her persistent and no-nonsense side. The conscientious actress also shared how she gradually merged with a character suffering from depression while she was portraying the role.

EP33: Yeo Yann Yann Part 1

Behind Yeo Yann Yann's 2-time Golden Horse Award wins are indubitably her skills and determination. She is grateful for Mentor Kuo Pao Kun for introducing her to theatre, making her into the actress representing both Singapore and Malaysia and making her mark in the Chinese movie scene.

EP34: Yeo Yann Yann Part 2

When Yann Yann clinched her first Best Actress win, she was going through post-natal depression, even having suicidal thoughts. She shares how she found the strength to overcome this to become a better actress.

EP35: Huang Biren Part 1

Rumors abound, when Huang Biren was a newcomer that she is difficult to work with, so much so that she hardly had work for 10 years. It was only until her grandma passed away that she started taking stock of her life. She also talks about her partnership and friendship with Xie Shao Guang.

EP 36: Huang Biren Part 2

Biren suddenly called it quits in 2008 when she was just within reach of getting the All-Time Favourite award. Today she will finally reveal why she left to take care of her family. Now she wants to start acting full time again, will we finally get to see her on our screens soon?

EP37: Ayden Sng

Why did handsome and high academic qualifications Ayden Sng give up his job to become an actor? What kind of pressure did he face now and who are the celebrity idols and friends that inspire him to do his best? He also shares his persistence and passion for music ...

EP38: Ann Kok Part 1

Ann Kok was once touted as the No. 3 "Queen of Caldecott Hill". Did her sexy image affected her acting career? Ann also shares the unforgettable experiences she encountered during the filming of period dramas and what she gained when she broke into the international market...

EP 39: Ann Kok Part 2

Ann is a good actress but does she regret not winning an acting award? Beautiful yet single, does she yearn for a marriage and will she marry on impulse? Having been in the showbiz for years, she has a wish that is yet to fulfil...

EP 40: Shaun Chen

Shaun Chen's rise to stardom was not all smooth sailing, he also suffered setbacks in his acting career. How did he struggle through those difficult times? What led to his blissful second marriage during the filming of local drama "The Journey: Tumultuous Times" and what aspirations does he have for now?

EP 41: Felicia Chin Part 1

Felicia Chin embarked on her showbiz career after winning the title of Star Search. Although she was flooded with opportunities to shine, she also suffered in silence with pressure. At the peak of her fame, she suddenly pulled out of showbiz to pursue her studies. Looking back, Felicia shares how she felt then...

EP 42: Felicia Chin Part 2

Acting is Felicia Chin's passion. She has no qualms about taking on challenging roles of villains but how does it resonate with the audience? Still very much in love, Felicia reveals interesting stories about her relationship with Jeffrey Xu. Will wedding bells be ringing for her soon?

EP 43: Thomas Ong Part 1

Thomas Ong rarely appears on variety shows. From his early drama "Love At Last" to the recent "Super Dad", Thomas remains suave as before. Witness rare footages of Thomas as a catwalk model that led to his discovery into showbiz. He also shares many unforgettable memories of his acting career...

EP 44: Thomas Ong Part 2

Local heartthrob Thomas Ong once suffered from depression. How did he pull himself out of it? Besides acting, he also hosted travelogue programmes. What is his real reason for retiring from the entertainment industry? And with a heart of gold for doing charity, what does Thomas plan to do with the rest of his life?

Information correct at time of printing



第一集：郑斌辉 上集

首集嘉宾郑斌辉，曾有过年少叛逆岁月，对家人满怀歉疚，他如何证明自己，走向光明道路？从尝试演戏到热爱表演，零基础又晚入行的他，如何在演艺圈里发光发热？

第二集：郑斌辉 下集

学习做一位高情商的艺人，学习做正确的事。充满好奇心的斌辉，如何最终成为一位全方位艺人？每一份努力都值得喝彩，怡凤送上出道20年的礼物，热烈感动斌辉。

第三集：钟琴 上集

为力挺好友怡凤，综艺阿姐钟琴首度参与深度访谈类节目，这组最佳拍档在节目中如何英雄惜英雄？回忆过往的愁与乐，姐妹的私密对话，包准笑到流泪。

第四集：钟琴 下集

准时到就是迟到，是她的人生座右铭。做人处事，待人接物是家庭给的养分。通往成功的路，她总是孤独但不孤单：坚持与毅力，是不二法门。新加坡演艺圈的典范，绝对有这二字：钟琴。

第五集：范文芳 上集

主持人变身小狮头迎接女神大驾光临。文芳以范大胆之姿闯荡海内外演艺圈，光芒四射。谈起心底最深的遗憾，不禁悲从中来…

第六集：范文芳 下集

老公李铭顺携爱子视讯探班，这对模范夫妻特有相处模式令人称羡。宝贝儿子的诞生如何翻转了她的世界？家庭与事业又该如何平衡？她自有答案。

第七集：下雪 上集

新加坡第一代网红下雪驾到，粉红色头发与呛辣言论是她专属标志。这一集，她会传授哪些葵花宝典给怡凤？又话说出哪些令怡凤大快人心的辛辣内容？酸民们准备好了吗？

第八集：下雪 下集

天不怕地不怕的下雪，仍有挥之不去童年阴影？她会给那些前仆后继想做网红的年轻人哪些建议？考虑为子隐退幕后，网络界传奇人物会如何继续走下去？

第九集：欧萱 上集

本集权嘉宾欧萱，带来了诚意满满的手作蛋糕。转身幕后的她有了新的身份，当起甜点师傅、微电影导演，从中又碰到了哪些难题？

第十集：欧萱 下集

拥有百万粉丝的欧萱，淡出电视圈后，在网络圈发展如鱼得水？凤姐大惊原来她不是玉女公主，而是直率霸主？才艺双全的她，还有哪些不为人知的秘密？

第十一集：黄思恬 上集

校园发迹，迅速走红的黄思恬，承认在网络世界照片比本人好看更加重要。年轻气盛的她，又招惹过多少麻烦？身为金庸迷，能披上古装化身女侠是她梦寐以求的梦，首次挑战吊钢丝舍命都要完成？

第十二集：黄思恬 下集

陷入简讯风波的黄思恬，新闻当天竟是母亲的生日，她是如何熬过那段低潮日子？面对无助无援困境，怡凤对思恬的心疼不言而喻，艺人面对隐私以及网络霸凌，该如何自处？身为观众又该如何展现同理心？

第十三集：黄俊雄 上集

怪咖、汗宝宝、问题宝宝这些都是黄俊雄的代名词。年轻时曾有社交障碍，外形抢眼进入演艺圈，人气火红，唯独演技仍未获得肯定，他不纠结，学会放下，昂首阔步。

第十四集：黄俊雄 下集

黎明破晓前的黑夜…经典谢词制造机黄俊雄，许多人对他的误解都将在本集一一解开。谈到父亲的离世，真性情的大男孩泪洒摄影棚。他会如何坚守长子的责任，完成父亲遗愿？

第十五集：“流氓律师”陈俊良与陈道荣

这是一场名嘴与名律师的心灵交流时间。流氓律师陈俊良与好友陈道荣来到节目里，聊起年少轻狂的过往、洗心革面的人生，到现在持续地回馈社会，不断散发正能量。

第十六集：楚晴

面罩、电音、外星人，这三个名词是Jasmine Sokko楚晴的标志。她是深受喜爱的新世代电音唱作人，谜样造型下的她又是什么样的人？

第十七集：陈洞江 上集

洞江首次带爱犬Hoshi上节目，与凤姐聊起10多年并非一路顺遂的演艺路。“不轻言放弃”是他的人生座右铭，陷入事业低潮时，如何面对挫折与放下自尊？

第十八集：陈洞江 下集

洞江的觉醒：在陷入低潮时，他了解到只有甩开偶像包袱，才能成为一名真正的演员。感性的他，聊起前任好友林慧玲，怀念之情溢于言表…

第十九集：陈思华

Sylvia，她是网红，也是女企业家。在台前，她是活泼搞笑的演员，在幕后，她是专业严肃的老板。一手创办影音制作公司，与前夫离婚后，女强人坚强外表下，有哪些不为人知的故事？

第二十集：李凯馨 上集

访问女儿是怡凤主持有史以来的最大挑战。凯馨在中国影视圈发展如鱼得水，累积众多海内外粉丝，人气扶摇直上。她拼命往外闯证明自己的真正原因是什么？天生我才必有用，曾有学习障碍的她，又如何在艺考突破重围，拿下好名次？

第二十一集：李凯馨 下集

下集，谈起过往点滴，凯馨为怡凤护航，母女情深不言而喻。在她眼中，父爱又是什么模样？

第二十二集：陈汉玮 上集

入行30年，汉玮如何从才华后段班晋身演艺视帝？他如何与阿姐从互相看不顺眼到如今姐弟相称？家喻户晓的方老师光环带来无限人气，却也带来无尽黑暗期。一次冲动的决定，却让他幕后煎熬三年…



第二十三集：陈汉玮 下集

陈汉玮，视帝中的视帝，六座最佳男主角奖使他攀上顶峰，领悟到人生目标无需追求名利，放下包袱，融入生活般的表演方式，并期待新人辈出的演艺圈环境。然而，孝顺的“陈医生”并非怕死，他要把自己照顾好，才能履行照顾家人的责任。

第二十四集：周初明 上集

怡凤的老搭档Ah Bee周初明现身摄影棚，看两人的绝佳默契，连毫不谦虚的态度都堪称臭味相投，幽默逗趣的你来我往，绝对让你捧腹大笑。

第二十五集：周初明 下集

长达10年误诊为椎间盘突出症，面对病况急转直下，在12年前初明确诊罹患了肌肉萎缩症。病魔无情来袭，该如何振作再站起来？他比喻人生如棋，不做车马炮，愿做兵卒，一步步慢慢向前走。面对外界，他企盼大众同理心而非施舍同情心。

第二十六集：欧菁仙 上集

旅居法国巴黎的欧菁仙，曾经是四届红星大奖最佳主持人，但原来她刚入行时，是不断闯祸和闹笑话。当她放下明星光环，拿奖学金去留学时，没料到又是一段传奇又励志的人生旅程。

第二十七集：欧菁仙 下集

从小寄人篱下生活的菁仙，聊起当年如何重修母女情，令人心疼又欣慰。当她学成归来，从幕前转战幕后，又遇到什么挑战呢？依旧口才流利、风趣活泼的她，还会重返演艺圈吗？

第二十八集：何维健

热爱音乐的真诚大男孩何维健，曾在台湾演艺圈闯荡10载，异地打拼冷暖自知。今年成家立业，来到节目里，用独特且温暖的歌声诉尽现有的幸福。

第二十九集：谢宛谕 上集

<小精灵>谢宛谕在入行前已是广告界宠儿，洋派又不谙中文的她，是如何闯荡本地电视圈？圈粉无数的她在走红之际，却又为爱出走，原来她对爱情的渴望，是与成长背景有关…

第三十集：谢宛谕 下集

曾经为爱放弃演艺事业的Fiona,在国外生活的这些年，究竟成长了多少？她到底想追求什么样的幸福？常有贵人相助，误打误撞闯入好莱坞的她，会继续展现她的荧幕魅力吗？

第三十一集：李腾 上集

新生代名嘴李腾，从小就离开家人，独自来本地求学，这次难得和同乡凤姐分享这段非一般的学子生涯。爱表演的他，加入主持行列，有过低潮，也经历不少爆笑的糗事。

第三十二集：李腾 下集

越来越有大将之风的李腾，也热衷参与海外节目，他到台湾吴宗宪节目当嘉宾时，到底出现什么状况？当谈到婚姻和丧子这一块时，他也坦然并心痛地诉说那段揪心的经历。

第三十三集：杨雁雁 上集

金马奖影后杨雁雁驾到，两座金马奖背后是实力坚强的戏剧功底，与永不放弃的过人意志。她感谢已故恩师郭宝崑领进舞台之门，开启了她的戏剧道路，一直到今天能代表新加坡地区，在华人电影圈绽放光芒。

第三十四集：杨雁雁 下集

当年拿下第一座金马奖时，雁雁正遭受产后忧郁症之苦，甚至有了轻生念头。这段期间她如何寻求协助，从黑洞中爬出来，找回力量，继续在荧幕前发光发热…

第三十五集：黄碧仁 上集

本集迎来了收视女王黄碧仁，气场镇压全场。初出道时，曾被戏剧组拒收，被质疑难搞，坐了10年冷板凳。直到外婆的离世，让她重新思考人生。聊起昔日的最佳CP组合谢韶光，思念友人的心情，令人动容。

第三十六集：黄碧仁 下集

2008年碧仁选择急流勇退，超级红星大奖都还没拿到手就离开新传媒，当初归隐家庭的真正原因是什么？时隔多年，碧仁姐想回娘家了，今天她通过节目跟老板喊话。

第三十七集：孙政

高颜值高学历的孙政，为何放弃高薪工作加入演艺圈？入行后，他又面对什么压力？给他最大推动力的偶像和圈中好友又是谁？他也分享了他对音乐的那份执着…

第三十八集：郭淑贤 上集

风采依旧的“三姐”郭淑贤，当年的性感造型轰动全城，对演艺事业是好是坏？宜古宜今的她，也分享拍古装片难忘有趣的经历，还有她勇闯海外市场，有什么收获？

第三十九集：陈润江 上集

郭淑贤的演技不俗，可惜一直跟奖项擦身而过，她可觉得遗憾？外形靓丽的她，还在待字闺中，她会期待婚姻？会闪婚吗？从影多年的她，还有一个心愿未了…

第四十集：陈泓宇

陈泓宇的演艺道路，曾经风光一时，也曾遭受挫折，他是如何挨过那段失意的日子？而他的第二段婚姻，原来是在拍摄“信约：动荡的年代”开始的，他目前又怀抱什么梦想呢？

第四十一集：陈凤玲 上集

陈凤玲自“才华”夺冠后，就踏入演艺圈，一直备受力捧，但她却有苦难言，独自承受压力。在当红之际，她突放下一切，重返校园，回首当年，听听她的心情感受…

第四十二集：陈凤玲 下集

陈凤玲热爱演戏，也勇于挑战反派角色，但她得到的回响又是什么呢？正在蜜运的她，还爆出不少她跟鸣杰相处的趣事，对于大家所关注的婚事，凤玲又有什么打算？

第四十三集：王泐裁 上集

王泐裁是综艺节目的稀客，从当年的“真心男儿”到如今的“男神不败”，他帅气依旧，节目还挖出他当男模走猫步、被发掘入行的珍贵画面，对于演艺生涯，他也有许多难忘的回忆…

第四十四集：王泐裁 下集

男神王泐裁也曾患忧郁症，他是怎么走出人生低谷？除了演戏，他也主持旅游节目，到底告别演艺圈的真正原因是什么呢？热心公益的他，可有规划他的人生下半场？