

POSITION

LEARNING CONSULTANT

CORE SKILLS

- **NEGOTIATION SKILLS**
- **TRANSFORMATIONAL CHANGE**
- **LEADERSHIP DEVELOPMENT**
- **EXPERIENTIAL LEARNING**
- **DESIGN THINKING**
- **TEAM BUILDING AND DEVELOPMENT**
- **CORPORATE ROLE PLAY**

BACKGROUND

I earned my bachelor's degree in Communication Studies from UCLA and worked in logistics management in New York after graduation. Having decided to move back to Hong Kong, I discovered my passion for unleashing the potential of individuals and teams. Since then, I've facilitated many transformational journeys for individuals at all business levels.

I design and facilitate programs on a range of topics across various industries with a learner-centric focus on discovery.

I deliver several programs for HSBC both virtually and in person with varying group sizes. They include Growth Mindset, Communication Skills, and Negotiation Skills.

As an internally certified facilitator for Microsoft, I deliver two programs globally focusing on transformation and allyship. For Under Armour, where I'm an appointed facilitator for APAC, I focus on communication, leadership, and coaching.

QUALIFICATIONS & CERTIFICATIONS

- Accredited facilitator, Advanced Credit Negotiation Skills (ACNS)
- Bachelor's Degree, Communications Studies
- Points of You® Certified Practitioner
- Accelerated Learning Certified Facilitator & Course Designer
- Certified In & Out of The Box™ Facilitator
- Certified DISC Human Behavior Consultant
- Corporate Coach U: The Coaching Clinic
- Heartstyles

LANGUAGES

- English
- Mandarin
- Cantonese



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A BIT ABOUT ME

I'm a skilled facilitator and educator known for my genuine enthusiasm in designing and delivering experiential team development and transformational change programs. I've worked with diverse groups of all sizes and from all walks of life and am especially passionate about fostering purpose and impact for participants. My programs are engaging, interactive, and reflective. I embed the learning by using simple yet effective debriefs.

MY VALUES

With a passionate mission to inspire and be inspired, I continuously work on my personal and professional growth. I believe we're all on a learning journey that never ends.

I'VE WORKED WITH...

- HSBC
- Microsoft
- Under Armour
- Outward Bound