



SARAH MILLSON

SENIOR CONSULTANT

A BIT ABOUT ME

I'm an enthusiastic facilitator and trainer specialising in developing individuals and teams across industries including finance and media through long-lasting and powerful learning experiences. I've facilitated negotiation skills, sales transformation, leadership development, negotiation and communication skills training, and have experience in corporate role play.

MY VALUES

People are my passion: learning from them, empowering them, developing them. I believe we each have the power to change ourselves and the world around us, we just need to be shown the tools to unlock our potential.

I'VE WORKED WITH...

- HSBC
- DBS
- BNP Paribas
- PayMe
- AXA
- UBS
- BFAM
- Cartier

POSITION

SENIOR CONSULTANT

CORE SKILLS

- NEGOTIATION SKILLS
- COMMUNICATION SKILLS
- SALES TRANSFORMATION
- LEADERSHIP DEVELOPMENT
- CULTURE CHANGE
- SOCIAL TRANSFORMATION

BACKGROUND

Sharing knowledge and information has always been a driving factor in my life, prompting me to embark on a 20-year career in journalism, first in the United Kingdom and later in Hong Kong. Editorial management and training became a core element of my two decades in journalism, during which I designed and delivered newsroom upskilling. I also lectured in the subject at Hong Kong Baptist University.

In recent years, my focus moved towards Learning and Development which led me to Actualize. I love the unique way in which we deliver powerful programs that have a lasting impact on organisations. I have extensive experience in sales and negotiation training as well as communication skills and wellbeing programs. I am proficient in delivering both virtual and face-to-face programs.

QUALIFICATIONS & CERTIFICATIONS

- Advanced Credit Negotiation Skills (ACNS) Accredited Facilitator
- Heartstyles Life Indicator Accredited Facilitator & Coach
- NLP Coach and Practitioner
- Time Line Therapy® Practitioner
- Pre-entry Newspaper Journalism (National Council for the Training of Journalists)
- Teaching English as a Foreign Language (TEFL)
- International Certified Personal Trainer (National Academy of Sports Medicine)

LANGUAGES

- English

WILLING TO TRAVEL

Yes