

Profile of Sabreena Andriesz



About Sabreena

Sabreena lends her skills to the development of her clients interpersonal, intercultural, and communication skills so that they may attain their fullest individual potential. Known for her integrative approach, she is passionate about partnering her clients to reach a place of maximum growth. She does this through three avenues of expression; recovery, actualization and leadership as modes for living.

In addition to extensive expertise in the areas of individual fulfillment and capacity building, Sabreena provides corporate coaching and training for middle to senior management in the areas of coaching and mentoring, communications, presentation skills, work/life balance, professional image and business etiquette.

She extends her reach by writing motivational articles on corporate wellness for Spa Asia Magazine and her columns featured in Shape Magazine (Singapore) from 2004 – 2007. Sabreena is a member of the Singapore Association for Counseling, serves on the Editorial Advisory Panel of Simply Her Magazine and is the current President of the International Coach Federation Singapore.

Sabreena Andriesz

Executive Coach,
Facilitator & Trainer

Based in:
Singapore

Credentials

- Masters Degree in Social Science (Australia)
- Certified Corporate Coach (Coach U, USA)
- Associate Certified Coach (ICF)
- Certified Master NLP (AAINLP)
- Certified Master Sequential Mind Technology
- Certified Hypnotherapist (NGH)
- Current President 2009-2010 International Coach Federation Singapore

Expertise / Services Provided

- 1:1 Executive Coaching for Senior Managers
- Coaching & Mentoring Workshops
- 1:1 Leadership Development
- Training in Communications & Presentation Skills

Assessments / Tools

- Accredited MBTI I & II Administrator (APP)
- Accredited Firo-B Administrator (APP)
- Accredited 360-degree Assessment Benchmarks® & Skillscope® Administrator
- Accredited Extended DISC Administrator

Corporate Experience

- Regional Manager (Singapore) for UK Property company managing London property investment portfolios for APAC clients.

International Exposure

- Lived in Sri Lanka, Saudi Arabia, England and Germany before settling in Singapore
- Clientele ranging from the United States of America, South America, Europe, South East Asia and Japan

Languages

- English

Selection of Clients

Executive Coaching

- British American Tobacco (B.A.T)
- Singapore Press Holdings (S.P.H)
- Jaygee Enterprises
- DesignBridge Singapore

Seminars / Workshops

- Standard Chartered Bank
- Hong Kong & Shanghai Bank (HSBC)
- Singapore Airlines (SIA)
- Ministry of Defense (MINDEF)

Please call us if you are looking for an innovative training and coaching partner who is passionate about your results and satisfaction. Together, let's explore if any of our coaches & trainers could be a good match for you.

- Hong Kong: +852-3622 2250
- Tokyo: +81-3 3288 9531
- Bangkok: +66-800 646 376
- Shanghai: +86-21 6279 0969
- Singapore: +65-6584 0654