



## Executive Coach and Facilitator, Shanghai

### About this coach

She is an executive coach, facilitator and speaker with experience in high performance sport, government, entrepreneurship and education. She achieved 10 National Champion titles and some World Class top 5 against all odds as a white water kayaker – a pivotal experience which ignited her passion for helping leaders and organization grow towards realizing their unlimited potential.

As an executive coach, facilitator and speaker, she has worked with global corporations delivering creative leadership development programs and public speaking workshops for middle & senior managers. She also has performed career coaching and advisory for EMBA's and other Master students coming from 40 different nationalities. Her management experience as an entrepreneur, also her journey in a global organization enables her to relate to the issues and challenges faced by her clients at their own level, and to help expand their perspectives while guiding them through a process of self-discovery, making conscious choices and taking actions.

She is also the Ambassador of a non-profit organization providing mentoring to young professionals, as well as the founder of the most prestigious women's leadership award in Shanghai.

### Credentials

- Certified Professional Coach (ACTP)
- BA in Communication and Administration
- Career Development Advisor
- Member of ICF

### Expertise / Services Provided

- Executive Coaching for Managers
- Leadership Development Programs
- Career Coaching
- Life Coaching
- Facilitation of Workshops
- Motivational Speaking

### Assessments / Tools

- Harrison Assessments
- TrueProgress 360 Degree Assessments
- Prevue

### International Exposure

- Lived & studied in Canada
- Travelled over 5 continents for world class competitions
- Coaching, workshop facilitation and public speaking in Asia Pacific and North America

### Professional Experience

- 20 years, based in Canada and China, with an exposure to Asia Pacific and US markets. Worked with Olympic Athletes, politicians, senior management and entrepreneurs. Experience working on radio and television as a reporter, spoke person and co-tv host.

### Languages

- Services offered in: English & French
- Conversational in: Chinese Mandarin

### Selection of Clients

Executive Coaching / Seminars / Workshops

- Siemens
- Ford
- Touch Media
- Li & Fung
- OnStar
- CBI
- EF and Hult International Business School
- Medtronic

### Contact

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