



MJ Jennings *Director Training & Executive Coaching*

- Accredited Everything DiSC Practitioner – HK, 2014
- Certified PRISM Brain-Mapping Practitioner – UK, 2010
- Diploma in Ontological Coaching – Australia University, 2010
- Awarded 'Woman of the Year' in Hong Kong for the Charity SoulTalk/Women's Forum 2006
- Insights Discovery Accredited – Profiling behavior styles/team functionality – UK 2006
- Certified Master Coach – Behavioral Coaching Institute Australia – 2003 & HK 2004
- Master of Business – Employment Relations – University of Technology Sydney Australia 1995

Background and Coaching Experience

MJ's is a renowned leadership coach and facilitator with a robust experience in leadership solution design, delivery and management for organizations across Asia. As an expert in the areas of Communication, Behavior and Performance, MJ works with business leaders, C-Suite and hi-potential talent to build on their leadership potential and support them through important transition journeys and leadership challenges. Her goal is to maximize the potential, while aligning their objectives with the organizations strategic goals.

From her own leadership experience and study in the area of human behavior and organizational dynamics, MJ has built a deep understanding of the needs of leadership roles and the process to build them. She brings this knowledge alive in a learning environment through her energetic and engaging style and interactions that put business leaders and managers is their most resourceful mindset. MJ builds their self-awareness through focusing on their messages/speaking styles, EQI and moods that drive behavior and how that manifests into actions.

MJ brings a wealth of HR generalist and entrepreneurial experience that adds gravitas to her coaching style and feedback. She is also the founding member of Hong Kong Coaching Community, which reflects her commitment to building cutting edge and collaborative learning platforms in Asia. As a personal mission, MJ promotes and helps organizations build warmth, cultural awareness and inclusive mindset that helps global companies think local.

A few of the recent Companies MJ has worked with:

Adidas ▪ Asia Society ▪ Barclays Capital ▪ Baring Asset Management
▪ Bank of America ▪ BPE ▪ CBRE ▪ Chanel ▪ CLP Power HK Ltd ▪
Clariant ▪ Conrad Hotel ▪ Credit Suisse ▪ CSTDI ▪ FTG ▪ Harbert
Management Corporation ▪ Hilton Group ▪ HK Police ▪ HP ▪ HSBC ▪
Hyder Consulting ▪ Microsoft ▪ Pfizer ▪ Standard Chartered Bank ▪ JP
Morgan ▪ OgilvyOne ▪ Orbis ▪ Ove Arup ▪ PWC ▪ Swire Coca-Cola ▪
Specsavers ▪ Shangri-La Hotel ▪ Sisvel ▪ Societe Generale ▪ TEDx ▪
Tesco ▪ TMSW ▪ TUV-SUD ▪ TXG Subsea7 ▪ UBS ▪ Warnaco ▪ Plus
several private clients who are senior leaders in multinational
businesses

1,000+ *Tailor-made corporate training solutions over 14 years across Asia*

200+ *Coaching clients across industry & culture*

18 *months invested in studying the Diploma of Ontological Coaching*

14 *years entrepreneurial experience in Asia, embracing its many cultures and leveraging exposure to a global platform*

12 *years HR generalist experience across different industries*

10+ *years as an Executive Coach and Training Consultant doing corporate training programs*

4 *behavioral assessments accredited practitioner*

2 *offices in major Asian cities – Hong Kong and Singapore*

Areas of Expertise

COMMUNICATION, BEHAVIOUR, PERFORMANCE

- Leadership Communication
- Powerful Presentations /Keynote speaking
- 360 assessment and development
- Executive Presence and Charisma
- Change Leadership
- Personal and Professional Transitions
- Stepping Up to Leadership
- Building Women Leadership
- Life balance
- Personal Branding/Profiling for Women
- Effective Delegation for Stepping-up
- Raising Awareness of Self and Others Through Emotional Intelligence