



# Active Communication



## The Art of Effective Communication

Strategic Consulting • Corporate Training • Presentation Skills  
Coaching Programs • Team Building • Business Communication



## Senior Facilitator & Coach

### MJ Jennings *Director Training & Executive Coaching*

- *Appreciative Inquiry – HK, 2017*
- *MBTI Step I and Step II Certified Practitioner – HK, 2016*
- *Accredited Everything DiSC Practitioner – HK, 2014*
- *Certified PRISM Brain-Mapping Practitioner – UK, 2010*
- *Diploma in Ontological Coaching – Australia University, 2010 (sponsor of HK workshops every year)*
- *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 with extensive executive coaching experience in a range of organizations across Asia. With a robust reputation as an expert in the areas of **Communication, Behavior and Performance**, MJ works with high-potential talent, leaders and the C-Suite to build on their leadership potential and support them through important transition journeys. Her goal is to maximize the coachee's potential, while aligning their objectives and 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 coaching environment through her energetic and engaging style and interactions that put her coachee is their most resourceful mindset. As a deep and focused observer of behavior, MJ builds the self-awareness of her coachees through focusing on their messages, non-verbal communication, EQI and moods that drive behavior and manifest as 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 build professional coaching platforms and community 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 • Airbnb • Alliance Bernstein • Barclays Capital • Baring Asset Management • Bank of America • BAFM Partners • Basf • BPE • Cartier • CBRE • Chanel • CLP Power HK Ltd • Clariant • Conrad Hotel • Credit Suisse • CSTDI • Euroclear Bank • Gap • Givaudan • Harbert Management Corporation • Hilton Group • HK Police • HP • HSBC • Hyder Consulting • LV China • Microsoft • Morrisons • Pfizer • Standard Chartered Bank • JP Morgan • OgilvyOne • Orbis • Ove Arup • PVH • PWC • Sephora • Swire Coca-Cola • Specsavers • Shangri-La Hotel • Sivel • Societe Generale • TEDx • Tesco • TMSW • TUV-SUD • TXG Subsea7 • UBS • VF • Plus several private clients who are senior leaders in multinational businesses*

#### **Active Communication Limited**

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#### **Active Communication Group Pte. Ltd.**

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**2,600+** *Professional Executive Coaching hours*

**200+** *Coaching clients across industry & culture*

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

**15** *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*

**5** *behavioral assessments accredited practitioner*

### 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