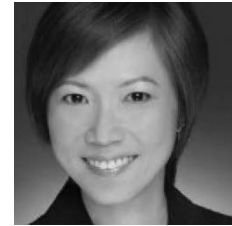




Doreen Teo

Associate Consultant

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Doreen is an Executive Coach and Trainer with Empowered Choices. She coaches executives and leaders to achieve breakthroughs and thrive on challenging changes at various stages of their career. As a facilitative trainer with coaching and counselling background, she has over 18 years of practitioner-based experience delivering training programs across Asia Pacific. She is currently a member of BP faculty and a Mindgym Coach. Examples of companies that she has provided training include AIA, BP, First Gulf Bank, HP, P&G and SAF etc. Countries that she has conducted training include Australia, China, India, Indonesia, Malaysia, Singapore, Turkey and Vietnam.

Adept at working with clients from various employment levels and cultural backgrounds, and passionate about learning and development, Doreen enjoys designing, customizing and delivering training sessions to enhance her clients' personal and professional lives. Throughout her career, she has delivered talks and training programs covering topics such as anger and anxiety management, career development, change and transition, coaching and facilitation, communication and influence, counselling skills, diversity and inclusion, effective planning, leadership skills and stress management etc. She has also tutored Social Work students from Monash University on Social Work Perspectives on Human Development (2006 – 2007).

She is also a certified NLP Practitioner and a member of both ICF and the International Association of Facilitators (IAF). A strong believer in life-long learning, she has attained a Masters degree in Training & Development from the University of Sheffield, U.K., an Honors degree in Philosophy from the National University of Singapore (NUS), a Bachelors degree in Social Work from NUS and a Certificate in Counselling from the Counselling and Care Centre. She is certified to administer Hogan Assessments (Hogan Personality Inventory; Hogan Development Survey; and Motives, Values and Preferences Inventory) and Workplace Big Five Profile.

Mini Bio

- Coaches executives and leaders to achieve breakthroughs and thrive on challenging changes at various stages of their career.
- Adept at working with clients from various employment levels and cultural backgrounds

Qualifications

- International Coach Federation (ICF) accredited coach (ACC)
- Corporate Coach U Graduate (CCUG) of Coach U
- NLP Practitioner