



Wholistic Wellbeing



Achieving Professional and Personal Excellence through Holistic Coaching

It's your road and yours alone. Others may walk with you,
but no one will walk it for you.

– *Rumi*

Every individual is resourceful and in our coaching engagement, we will co-create goals, assess your reality, and identify options and a plan to help you transform your life into how you want it to be. I aim to promote self-discovery as part of your coaching journey to ensure a sustainable change and optimal results for you. You are the expert of your life who truly knows who you are and what you ultimately need.

Who is Coaching for?

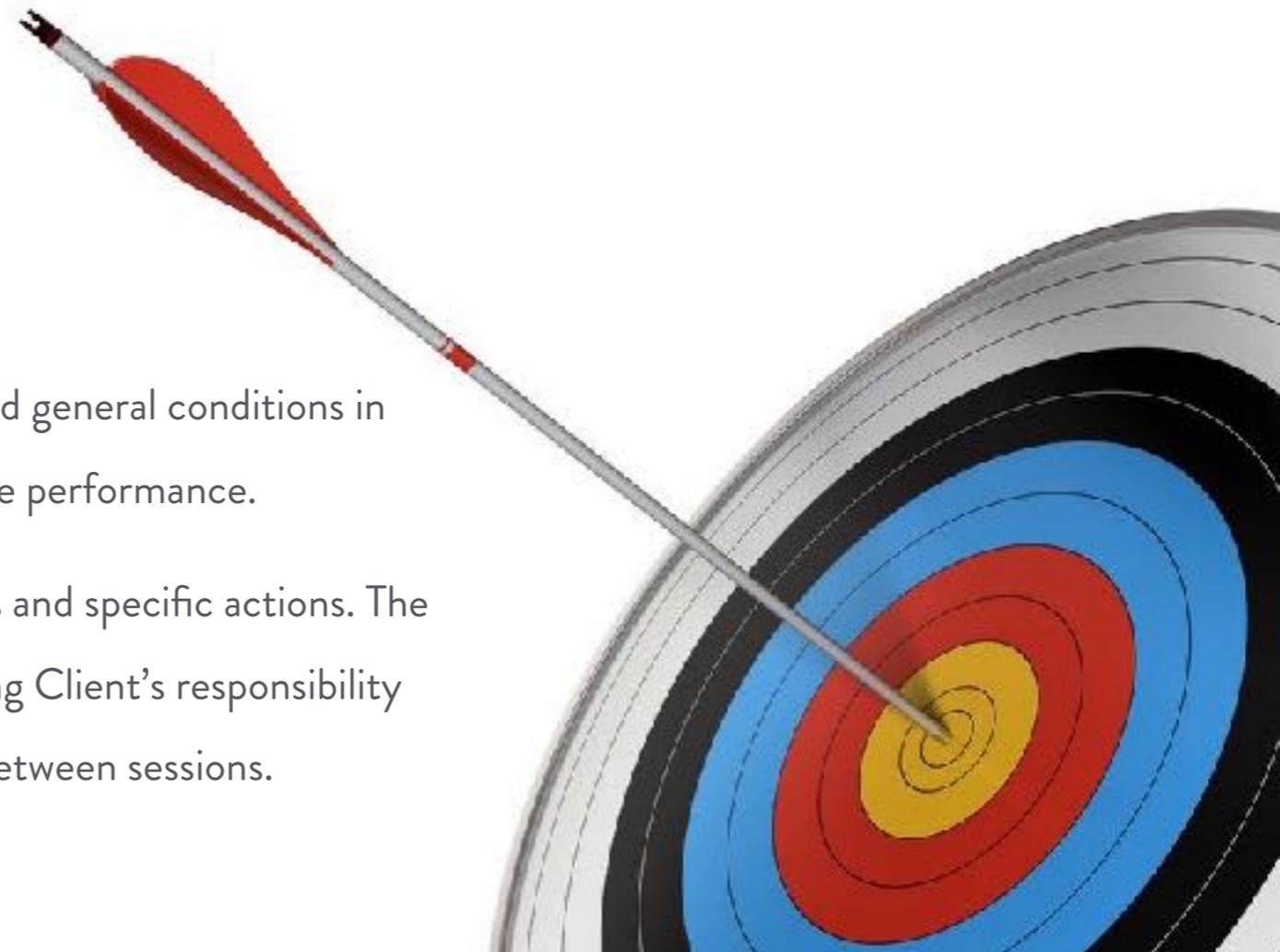
For individuals who want to accelerate their development or find themselves in a position of solitude and want to develop from good to great.

How does one-to-one Coaching work?

The coaching relationship is a collaborative approach and starts with a discussion of the client's specific goals and an assessment of the starting point (e.g. psychometrics or 360 degree feedback). From there we will co-develop a tailored program.

We may address specific projects, work performance, skill levels, and general conditions in the Coaching Client's profession or life as they impact on workplace performance.

Each engagement starts with an agreement on the objectives, goals and specific actions. The Coach plays the role of a facilitator of change, and it is the Coaching Client's responsibility to enact change and implement actions that have been agreed to between sessions.



Are some of these questions keeping you awake...

- Do you want to take charge of your career and leadership Development?
- Do you want to be an inspiring leader?
- Do you want to be more confident and assertive?
- Do you want to stop procrastinating?
- Do you want to identify your purpose statement in life?
- Do you know what defines and how to achieve happiness?
- Do you want to manage life changes and challenges more effectively?
- Do you want to lead a healthy and sustainable Lifestyle?
- Do you find yourself struggling to find Work-Life-Balance?





Female Empowerment Coaching

This coaching programme helps women develop greater self-awareness, overcome self-limiting beliefs, and lead with confidence. We will focus on areas of concerns typically raised by women and apply practices to become an assertive communicator, an influential and inspiring leader yet remaining authentic and true to yourself.

WHY ME?

I am an active advocate for female empowerment. With my background as the founder and first president of the Shell Hong Kong's Women's Network and a mentor to female high school students, I designed a coaching programme that can help women excel personally and professionally.



Effective Management of Millennials

This coaching programme is perfect for managers who want to lead their millennial employees more effectively. By 2025, millennials will become 75 percent of the global workforce, so it is crucial to understand what keeps them motivated and engaged. Going through this coaching programme, you learn to leverage on the strengths of the millennial workforce, how to overcome challenges of the new digital age and shape millennials to become inspiring future leaders.

WHY ME?

Having successfully led and worked with people of diverse age groups and backgrounds in a multinational company for more than a decade, I can help you discover how to attract and retain talented millennials, and keep them focused and engaged to deliver to your business's bottom line.



#Millennials Career & Life Coaching

Do you want to contribute to making the world a better place and figure out how you can make an impact? Do you want to succeed and excel in your first jobs after graduating? Do you want to feel engaged in your workplace and learn how to better integrate work and personal life? Do you want to identify your purpose and live a meaningful life? Do you want to launch a successful start-up company or take it to the next level?

WHY ME?

Based on a recent global study by the International Coaching Federation and PWC, I am amongst the 4% of practicing coaches globally aged 34 and below. Being a Millennial myself, we speak the same language and together, we work on unleashing your talents and help you create a desirable life.

The Coaching Programme

AS EASY AS 1...2...3...

All Wholistic Wellbeing Coaching programmes incorporate a holistic view of your life and a three step approach that will take you on a journey to unleash your full potential, and ensure sustainable and transformational change. After going through the coaching programme, you can live a successful, abundant and fulfilling life benefitting you and those around you.



Step 1

Un-blindfold yourself!

Here we will focus on understanding YOU, so that you are clear about your goal, can leverage on your strengths and identify specific development areas. We will be gaining powerful insights of your core values, beliefs and ways of thinking, so that you can progress towards your goal.



Step 2

...and Action!

It's all about maintaining focus, paying attention on what really matters to you and taking actions, so that you achieve your desired goal. It does not matter what you know but what you DO with what you know.



Step 3

Make it part of your DNA

You will be continuously progressing towards the life you want. Even beyond the coaching programme, we will ensure that you thrive in the new life you have achieved. The aim is to maintain the momentum and sustain improvements by establishing an intuitive and continuously self-reflective mindset.

How are the coaching programs organized?

- Meet and Greet: Complimentary coaching consultation (30 mins)
- Coaching Program: We will dive deeper into the coaching clients goals, respective action plans and timeline
 - ▶ The first “Shape the Pact” session is for co-creating the future coaching relationship and understand your goal for the coaching program.
This can also include the sponsoring manager (60 mins)
 - ▶ Six to ten structured and private coaching sessions face to face or via Skype (60 mins each)
- Email support if required, especially to keep the client’s motivation high to ensure the client can deliver the required actions and stay on track with achieving your desired goal.
- Coaching in German language can also be offered

What is your investment?

- This is an investment to learn and become the person and live the life you always wanted
- Please contact me for a customized quotation depending on the package of your choice
- Payment plans are available by request

Testimonials

“

Fyiona is a good coach and is willing to spend time with her team not only for work but also on personal developments and giving advises for my long-term career.

H.K. Chua (28, Project Manager)

“

Fyiona is a very good listener and asking various inspiring and thoughtful questions which brought me to an area I was neglecting. She has walked thru with me to put down clear options and action plans to improve my situation which has bothered me for years without a solution - this was all under a very comfortable and enjoyable atmosphere. It's so amazing that only with 4 sessions of coaching, my issue for years was clarified and yet with clear steps and actions to make a difference of my life!

O. Wang (60, Logistics Executive)

“

I feel it's like speaking my mind to someone who would listen, is interested to know more about my life, would speak what she has observed and could summarize and ask questions to dig deeper what is really on my mind (...) Every time Fyiona asked me what I really want to achieve in this session, I feel like the responsibility goes back to me.

C. Lam (Finance)

“

Working with Fyiona, I have found myself pondering on my own train of thought of why I would challenge status quo. (...) By understanding this better, I am able to think differently and also grow into the leadership role retaining my personal values.

K. Fai (28, Team Lead)

About Me



My great passion is coaching and empowering others to achieve their professional and personal aspirations in life. As your coach, I want to make a positive difference in your life, so you can achieve (w)holistic wellbeing that incorporates mental, physical and spiritual aspects of life.

My professional background, while diverse, isn't traditional: After graduating from university, I started my career in the oil & gas industry in the Finance division until a reorganization was announced in 2010. "When one door closes, another one opens" – I saw this as an opportunity to take a leap to relocate from Hamburg to Hong Kong – ultimately my life-long dream to rediscover my Asian heritage.

I am proud to have more than 13+ years of corporate and executive experience. This includes successfully leading a diverse team through changes, delivering multi-million dollar projects globally and establishing and being appointed as the first president of the Women's Network in Shell Hong Kong.

Being a millennial female leader, I have first-hand insights living in the new digital era and experienced the positive impact of achieving gender diversity through all levels of an organization. My coaching programmes focus on millennials, executives who want to effectively manage millennials, and female empowerment – from a professional and personal perspective.

My personal background is equally diverse: As a Malaysian-born Chinese who grew up in Germany and spent 2 years in the US, I see myself as a bridge between the Western and Asian culture.

In 2016, I have decided to progress closer to my purpose of life and am now a Certified Professional Coach based on the International Coaching Federation (ICF) standards.

Nothing gives me more satisfaction than to see how my clients discover themselves during the coaching journey, progress towards their goal and thrive in the new happy and successful life they have created.



Wholistic Wellbeing

To discuss Professional Coaching in general, or any of the coaching programs mentioned,
give me a call on **+852 9361 7362**

I am always happy to meet you informally and in confidence.

You can also write to: fyiona@wholistic-wellbeing.com

I look forward to hearing from you!

www.wholistic-wellbeing.com