



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*

- o Visual Facilitation Lab – HK, 2019
- o Appreciative Inquiry – HK, 2017
- o Certified MBTI, PRISM Brain-Mapping, Everything DiSC Practitioner
- o Diploma in Ontological Coaching – Australia University, 2010 (sponsor of HK workshops every year)
- o Awarded 'Woman of the Year' in Hong Kong for the Charity SoulTalk/Women's Forum 2006
- o Insights Discovery Accredited – Profiling behavior styles/team functionality – UK 2006
- o Certified Master Coach – Behavioral Coaching Institute Australia – 2003 & HK 2004
- o Master of Business – Employment Relations – University of Technology Sydney Australia 1995



Background and Coaching Experience

MJ's is a renowned leadership and public speaking 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, presentation skills and executive presence 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.

MJ is a speaker and she has been delivering presentation skills training to organizations for more than 15 years. She believes that modern presentation is the new trend and she uses her own model **Plan-Design-Delivery** to help individuals present with confidence, impact and influence and speak like a Ted Speaker. She has worked with many multinational companies and most of the participants find her presentation skills workshop fun, interactive and useful.

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 • CSTD I • 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 • Sisvel • 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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Singapore: 20 Maxwell Road, #11-18, Maxwell House, Singapore. T: +65 9630 3064

2800+ Professional Executive Coaching hours

300+ presentation skills/public speaking sessions

200+ Coaching clients across industry & culture

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

15+ years as an Executive Coach and Training

Consultant

12 years HR generalist experience across different industries

5 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