



CONTACT US

EQUEST ASIA CO. LTD

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CALL FOR A CHAT:

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DROP US A LINE: info@equestasia.com.au

SEE WHAT WE DO: www.equestasia.com.au



EQUEST ASIA

POSITIVE EMOTIONS DRIVE PEOPLE
PEOPLE DRIVE PERFORMANCE

Our Vision

Invigorate corporate cultures by tapping the character strengths of the workforce and aligning employee and corporate purpose. Employees are human beings, not human doings

Our CSR

Our corporate responsibilities and philanthropic projects focus on four of the United Nations' Sustainable Development Goals 2030:

GOAL 3: Good Health and Well-being

GOAL 4: Quality Education

GOAL 5: Gender Equality

GOAL 13: Climate Action



Our Values

We are passionate about human fulfilment and happiness.


We believe we all have untapped potential for learning and self growth.

We dare to challenge our clients to strive for that potential.

We believe that our wellbeing is linked to doing good for others.

We care about your and the earth's future and we strive to live in harmony with our planet.





POSITIVE EMOTIONS DRIVE PEOPLE
People drive Performance

Our Commitment to You

We are committed to supporting your self leadership (we are here to help you find your authentic self, which only you can know).

We are committed to your sustainable success in reaching for your goals.

We are committed to being more rather than doing more.

We live our values in our own business and personal lives.

We are committed to support wisdom in our business community where everyone can thrive ethically, with integrity, with compassion and kindness, in harmony with our planet and its living creatures.

HOW WE HELP YOU TO CREATE SUSTAINABLE PERFORMANCE

Soft Skills Development

We help you to recognise unproductive patterns within yourself and within your organisation and how to act upon them effectively.

Our training will help you to be better equipped with emotional, growth mindset and psychological skills needed for sustained peak performance, to lead effectively with optimal wellbeing.

- Emotional Intelligence
- Team Strengths
- Developing a Growth Mindset for Success
- Positive Engagement
- Managing Attention and Energy
- Compassionate Self-Leadership
- Psychologically Safe Workplace
- Resilience and Stress
- Unconscious Bias and Decision Making
- Positive Workplace Culture
- Cross Cultural Diversity and Empowerment



Coaching

We offer packages which will meet your needs depending on your availability to change. They are not set in stone though.

We support you and your organisation to:

- Develop better leadership skills
- Be a more values driven organisation
- Help you to self lead positively
- Develop self awareness
- Be authentic with your purpose and happy
- Achieve greater work life agility.

Consulting

We partner with our clients to perform 'deep dives' into the issues impacting employee engagement and work together to develop sustainable solutions.

A typical consulting assignment will comprise the following phases:

- Diagnostic: We help our clients to understand the current state in discussions with key staff, usually accompanied by a diagnostic survey.
- Analysis: We document the results of the diagnostic in a report and perform a risk analysis.
- Action planning: We work with our clients to address risks, pressure points and opportunities to build healthy, happy workplaces.





Speaking Engagements

CONFERENCES - EVENTS

Our CEO and founder My Holland speaks internationally. She talks at conferences as well as for networking events. We also support NGOs, charities and not for profit organisations where My offers her skills and expertise on a complimentary basis.

CEO - EXECUTIVE ROUND TABLE FACILITATION

We also facilitate exclusive round table discussions on authentic leadership or other topics you might be interested in. We specialise in leading with emotional intelligence and diversity, growth mindset for organisations and positive workplace culture.

Asia Pacific Corporate Retreats

We run team bonding activities which can run from 1/2 day to a full 2-3 day long week end in Vietnam and Australia. We deliver our self-leadership retreats in Hoi An or Danang (Vietnam) or in Bellingen, near Coffs Harbour (Australia).

We can organise as little or as much as you need: from flight arrangements, to luxury accomodation to food or only the retreat itself, with activities to enhance self-awareness and self-leadership.

We are experienced in scheduling activities to fit your energy and engagement level. We can discuss your organisation's priority focus, for example, team strengths, happiness at work, emotional engagement, mindfulness or team communication; in addition to cultural local activities.





Start a conversation with us

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My is a very talented coach. In May 2017 she successfully held a Training session in the course of our CSR program at CCIFV. She trained and motivated the participants to understand how to apply Well Being methods within their company in order to enhance sustainable productivity. She taught them essential topics to enhance happiness at work through games, group exercises, and dynamic activities, carefully innovated by herself. By attending, participants were expecting to know more about "well being" at work and to understand positive factors in order to motivate themselves, their team or even a company as a whole. Challenge accepted by My holland who perform a very fruitful training!

Clémence Aron / Corporate Social
Responsibility Project Manager at
CCIFV | CSR Consultant
Vietnam

My is an inspiring coach that challenges you to look at situations from a very different angle. My has taught 3 times at CO-SPACE, each time with a different angle: Happiness at Work, Successful Ladies – A Modern Chapter and Emotional Intelligence in a work environment. Each time the participants were able to take something home for them individually as well as something for their organization to try or start implementing. One question is still on my mind "Are you celebrating mistakes of your staff/in your company?". I like My's approach to challenge and question traditional ways and approaches to see and define 'success'.

Thank you for the inspiration!

Anne Greenfield
Founder of CO-SPACE
Vietnam

I had the pleasure to work with My as she reviewed and validated all my business units at TAFE. These are from Diploma to Grad Cert in Business, Emotional Intelligence, Strategy, Leadership... I was very grateful for her input as she is very diligent and was working under tight deadline. She provided very useful analytical feedback. I am looking forward to collaborate with her again. Phill Chambers

Phillip Chambers / Educational
Excellence Specialist at TAFE NSW
Australia.

My recently led a happiness survey for our business and I must say that I was impressed by the recommendations she made. She is pragmatic, knowledgeable and provide concrete and applicable solutions to improve staff moral in a company where the outcome is already very positif. I recommend highly My to any business looking for improvement within happiness at work.

William (Guillaume) GAGUIN /
General Manager VIC / SA / TAS at
Polyglot Group
Australia