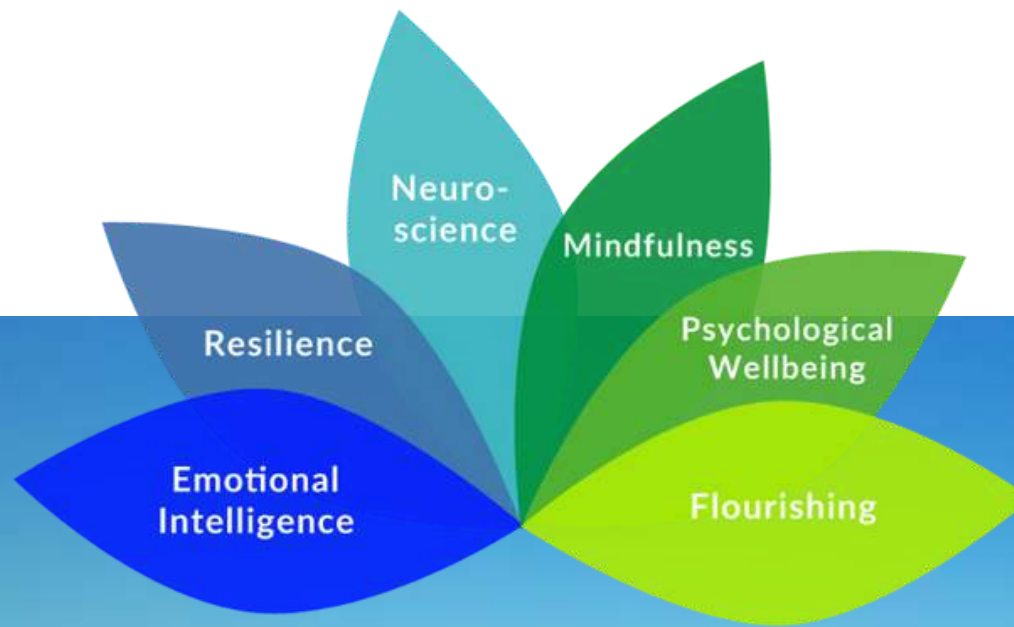


EQUEST ASIA



Positive Emotions Drive People
People Drive Performance

Helping leaders to strive for more engaged workplaces by leveraging emotional intelligence science and psychological wellbeing



SCULPT CHANGES TO BREAK OLD THINKING
BUILD NEW PARADIGMS



CONTACT US

EQUEST ASIA CO. LTD

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CALL FOR A CHAT:

Office: (+84) 28 6287 5915 or

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(+61) 40 343 1330 (Australia)

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

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

A night sky with a starry background and a bright streak of light.

CREATING A WORLD OF
POSITIVE IMPACTS

A landscape photograph featuring a dark asphalt road with a white dashed center line that curves into the distance. The road is flanked by yellow posts. In the background, there are several conical mountains under a cloudy sky. The overall scene is a mix of dark and light tones, with the road leading the eye towards the horizon.

WHY WE EXIST

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.

MISSION

Inspire leaders to strive for more engaged workplaces by leveraging emotional intelligence science and psychological wellbeing. Drive positive change through meaningful, calibrated assessments, strategies and initiatives.



NEW EDGE THINKING

WHAT DO WE BELIEVE IN

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.

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



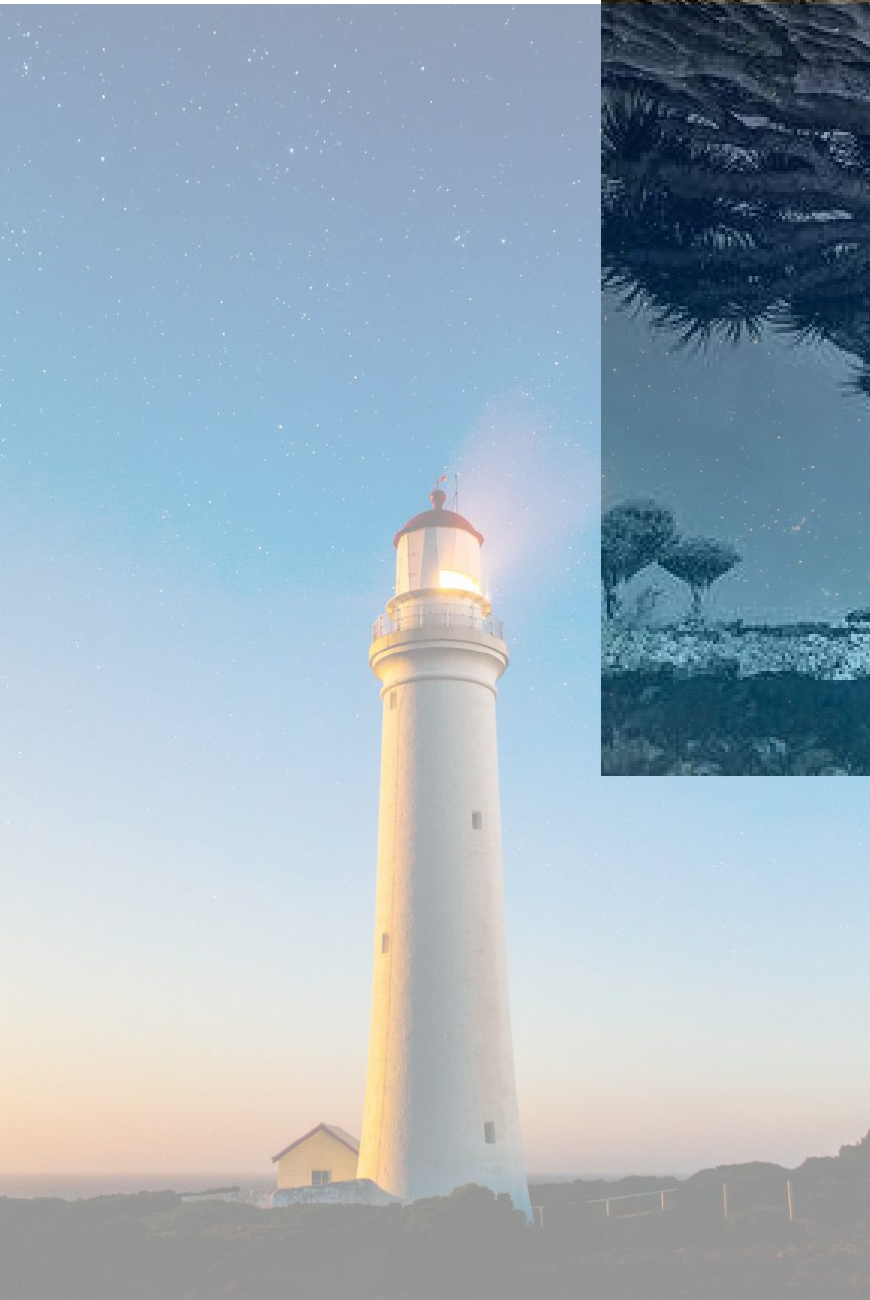
OUR COMMITMENT TO YOU



- 
- 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 DO WE HELP YOU TO CREATE SUSTAINABLE
CHANGES AND HIGH PERFORMANCE



TRANSFORMATIVE LEARNING -
EXPERIENCES ROOTED IN RESEARCH

NEW THINKING TRAINING

LEADERSHIP EDGE TRAINING

- Mindful leadership,
- Neuroleadership,
- Authentic Leadership
- Compassionate leadership

- Emotional Intelligence
- Team Strengths Mindsets
- Positive Engagement
- Attention and Energy
- Compassionate Self Leadership
- Psychologically Safe Workplace
- Resilience and Stress
- Unconscious Biases
- Positive Workplace Culture
- Cross Cultural Diversity and Empowerment

COACHING

- Emotional Intelligence,
- Executive,
- Cultural and Resilience



WE ARE DOING MORE
TRANSFORMING LEADERS AND
MINDS



CONSULTING

We listen and advise you on the best sustainable strategies.

SPEAKING ENGAGEMENT

Conferences, Seminars, Networking events on Engagement, Women Leadership, Happiness at work, Emotional Intelligence, Resilience.

CORPORATE RETREATS

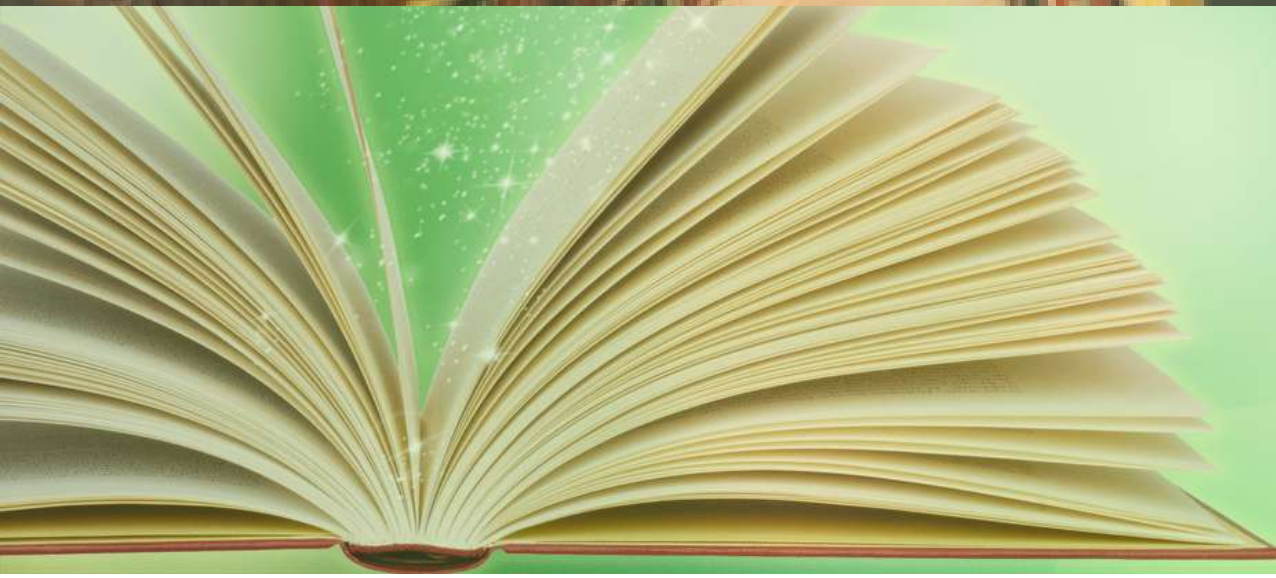
Team bonding, Retreats in Australia, Vietnam or the Philippines.



YOUR CHALLENGE IS UNIQUE

We design custom made solutions for your challenge(s).

It all starts with a conversation, active listening and an executive presence to accompany you in this journey of discovery.




WRITE YOUR STORY



DON'T TAKE OUR WORD FOR IT





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 the company as a whole. Challenge accepted by My Holland who performed 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



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