

MY HOLLAND

CEO CREATOR OF EXTRAORDINARY OPPORTUNITIES

BLOGGER | AUTHOR | INTERNATIONAL KEYNOTE SPEAKER

EMOTIONAL INTELLIGENCE | POSITIVE PSYCHOLOGY SPECIALIST

LEADING ENGAGEMENT AND POSITIVE CHANGE CONSULTANT



PROPOSAL FOR KEYNOTE SPEAKER

Speaker Background

Why My Holland

Testimonials

BACKGROUND

My (pronounced as “Me”) was born in Villeneuve Sur Lot in the south of France near Bordeaux. She was born on the United Nations International Day of Happiness

She studied International Business and Japanese at the Sorbonne in Paris. She completed her MBA in International Marketing in San Francisco and since then has enjoyed a taste for cultural challenges.

Her credentials include:

MBA (San Francisco), MA Int Business (Paris Dauphine), BA Japanese (Paris Sorbonne), Grad Cert in Higher Education, TAE IV, Cert IV Carbon Management, Cert in Positive Psychology, Cert Neuroscience in wellbeing.

Emotional Intelligence Network leader in Australia (SEI EQ model)

Emotional Intelligence practitioner (MHS EQi2.i)

Happiness at Work Practitioner (team and whole organisation)

Positive Psychology (O.R.A.N.G.E.S model)

Personality (Leading Dimension Profiling)

Certified AQR Mental Toughness MTQ48 trainer

My has worked and lived in France, the USA, Japan, China, Hong Kong, New Zealand, Australia and now Vietnam. She has held a number of international business development positions.

My has been the Founder & CEO Creator of Extraordinary Opportunities EQ at Happiness Quotient - AH Consulting Pt Ltd for more than 5 years and also the CEO of EQuest Asia Sydney and now based in Ho Chi Minh City.

She just launched in 2019 the first LinkedIn Local event in Vietnam (along with 140 other venues in the world)

She conducts regular EQ cafe sessions to broaden the EQ community.

Prior Company speaking engagements / work with

FYP Vietnam

International Connecting Global Mind

World Kindness Movement

French Australian Chamber of Commerce

European Chamber of Commerce in Vietnam

Australian Chamber of Commerce, Vietnam

LinkedIn Local Coffs

BNP PARIBAS

Humanity in Business

CCI France Vietnam

HR Academy

Ad Asia

The Institute of Internal Auditors Sydney Chapter	Pans Experts
Coffs Harbour City Council	Macquarie University
RMIT International University	Polyglot Group
NSW Government – Health	HR Media
NSW Government – TAFE	Co-space
NSW Government – Trade & Investment	Ernst & Young
Swiss Alumni Association in Vietnam	Headspace
Resources Global Professionals	Camp Quality

Prior Conferences speaking engagements

ANPHABE HAPPINESS AT WORK VIETNAM 2018
 HR MEDIA VIETNAM 2016, 2017, 2018
 VIETNAM MEDIA CONFERENCE 2017
 COFFS HARBOUR YOUTH MENTAL HEALTH AND WELLBEING AUSTRALIA 2017
 COFFS HARBOUR BUSINESS WOMEN NETWORK AUSTRALIA 2016
 LEADING HAPPY WORKPLACES 2016 – Sydney AUSTRALIA
 TALENT MANAGEMENT VIETNAM 2017
 TALENT DEVELOPMENT VIETNAM 2018

Prior Individual Awards include

2016 EXCELLENCE IN SUSTAINABILITY AWARD - Special Judge Award (Aug 2016 - Coffs Harbour Chamber of Commerce) - Founder and Chair of the Sustainability Committee of the Bishop Druitt College in Coffs Harbour – Australia (2011 - 2017).
2014 SUNNY'S BUSINESS AWARD (Oct 2014 - Sunny's Coffs Harbour Australia Chamber of Commerce) - New Business Award
2014 SUNNY'S BUSINESS FINALIST (Oct 2014 - Sunny's Coffs Chamber of Commerce) –Australia - Category: Business leader (36+)
TAFE STAFF ACHIEVEMENT AWARD - Social Media Team - collaboration for customers (2012 -TAFE North Coast Institute Australia)
WORLD KINDNESS GOODWILL AMBASSADOR - The World Kindness Movement

WHY MY HOLLAND

- She is trained in Neuroscience, Positive Psychology, Mindfulness and Emotional Intelligence. She is one of the 7 EQ SEI Worldwide Network Leaders in Australia. She co-created the Leading Happy Workplaces conference in Sydney and regularly blogs on authentic leadership. She regularly conducts series of talks and shares her passion about focusing on what matters to us all: happiness at work in a mindful environment.
- Her latest book ***Happiness is the Way*** is available on Amazon and Kindle and has been translated in Vietnamese.
- My specialises in creating positive change and happiness in various working environments across Australia, Vietnam, New Zealand and in other ASEAN countries. Companies and business organisations that have engaged her expertise have seen their employees transformed into more engaged, productive, motivated, and more importantly, as happy working groups.
- A certified assessor-coach and a learned lecturer, My is dedicated to bringing well-being and joy at work. She believes these benefits not only businesses but also even private relationships among family and friends, peers and associates, and the community in general.
- Her top character strengths are creativity, social intelligence and perspective.



*Want what you have, not what you don't have.
Focus on what matters.
How to leverage your happiness potentials to
succeed sustainably.*

TESTIMONIALS

My is an excellent facilitator who captures the hearts and minds of her participants. She is engaging and provides a truly meaningful way of reminding us all that happiness can be experienced whilst at work and in fact does contribute to our effectiveness and sense of belonging. A very practical and deeply important workshop.

Dr Deidre Anderson / Deputy Vice Chancellor Macquarie University NSW Australia (2002-2017), Australia.

My Holland taught the workshop "Tools to help you maximise your potential - managing negative emotions effectively" for RMIT Vietnam University staff and students on 22 May 2017. I was impressed by her professionalism, sense of responsibility, and the passion that she put into this workshop. She connected with our student before the workshop to ensure her content was relevant to them. The combination of her in-depth knowledge of the Emotional Intelligence/Positive Psychology field with her fun, interactive facilitating style made the workshop a successful one. Staff and students left the workshop commenting, "We wanted more workshops like this in the near future." Thank you, My, for your gift to us. We look forward to the day when you and your family reside in Vietnam.

Phoenix Phung-Hoang Ho / Manager, Careers Education and Guidance Centre of Hon Viet - Vietnam Insight

I am inspired and motivated after receiving her presentation about mindset of success. Moreover we connected well as she rescues wildlife, meditates and is vegetarian. We need to be more mindful about our impact on our planet, our connections to people, living creatures and the mind and body.

Tuan Bui Anh / Acting Center Manager at Apollo English Vietnam

Ms My Holland joined SCU in Coffs Harbour as a casual tutor during the time I was working there as a lecturer. My soon proved her skills and commitment to teaching quality and was given several tasks with the School of Tourism and Hospitality Management, tutoring, marking and lecturing a range of topics. I had personally the pleasure to work with My in the unit 'Communication in Organisation' - a core learning unit for all Bachelor of Business students. Her multi-cultural career, as well as her inspirational personality, acted as concrete examples for the students of the importance of, and possibilities good communication skills can bring.

Johan Edelhaim / Head Of Department (Instituttleder) at The Norwegian School of Hotel Management at University of Stavange, Norway.

My is an excellent speaker and an expert in the field of EQ. I have had the pleasure of attending two of her workshops including one she ran for business leaders and members of the European Chamber of Commerce in Vietnam. My inspired the audience and provoked lively discussion on the topic of engaging millenials in the workplace as well as creating positive work environments. The second talk I have seen was equally impressive and addressed the the impact that gratitude and positive mindset play on job performance. In both cases My's audiences came away energized and equipped with practical insights. My brings a very powerful message to every event.

Joshua James / Business Executive, Entrepreneur, Educator & Co-Chairman, Vietnam.

No doubt you have seen how much the attendants your presentation and they were in queu to talking to you at the end of the event. Must say not many events I have organized so far that got such a great deal of attention and appreciation from the guests to the speaker like your case!

Nguyen Dieu Linh Manager EUROCHAM Hanoi, Vietnam.

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 (Just) Greenfield, Founder of CO-SPACE, Vietnam.

My delivered 2 sessions for InterNations Saigon Chapter, and our members enjoyed her talks a lot. Very inspiring. Highly recommended.

Soline Linh Le, MBA / Project Director at Vietnam Dental Tourism, Vietnam.

My is an advocate for a kinder and happier world using the gift of facilitation which has been deservedly bestowed on someone who is authentic compassionate and naturally kind. My connects and engages with the audience through a gentle and consistent approach ensuring all participants arrive at the same destination albeit by different modes of thinking. Thank you My for being a World Kindness Goodwill Ambassador on the Mid North Coast and providing a value add to the campaign for a kinder world.

Michael Lloyd-White / Chief Advisor To The Board World Kindness USA

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.

I recently attended a talk by My Holland at the Humanity in Business 'Creating Happy Workplaces' conference in Sydney. My was excellent, inspiring the audience to think deeply and apply the techniques and concepts she taught, to their own personal circumstances. She is a very engaging speaker and expertly linked this oft-considered 'soft' topic with measurable business outcomes as well as how to create satisfying communities in which to work! A skilled and insightful consultant!

Clare Mann / Psychologist | Communication & Ethical Leadership Trainer | Keynote Speaker | Author of Vystopia: The Anguish of Being Vegan in a Non-Vegan World

My recently made a presentation around Positive Culture through the French Australian Chamber of Commerce in Sydney. It was full of relevant information and useful tips on the impacts of ingraining a positive culture at work. Definitely good food for thoughts and great skills for leading a workshop on such a topic.

Sebastien Normand / Managing Director at Resources Global Professionals 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.

MY HOLLAND

(MBA, MA)

CEO Creator of Extraordinary Opportunities

EQUEST ASIA CO. LTD.,

Level 46 Bitexco Financial Tower

2 Hai Trieu Street

District 1, Ho Chi Minh City, Vietnam

Call me for a chat: +84 070 723 0748 (NEW)

www.equestasia.com.au

Office: +84 28 6287 5915

Email: my@equestasia.com.au

Linkedin: My Holland

Skype: mybellingem