



CONTACT US

EQUEST ASIA CO. LTD

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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

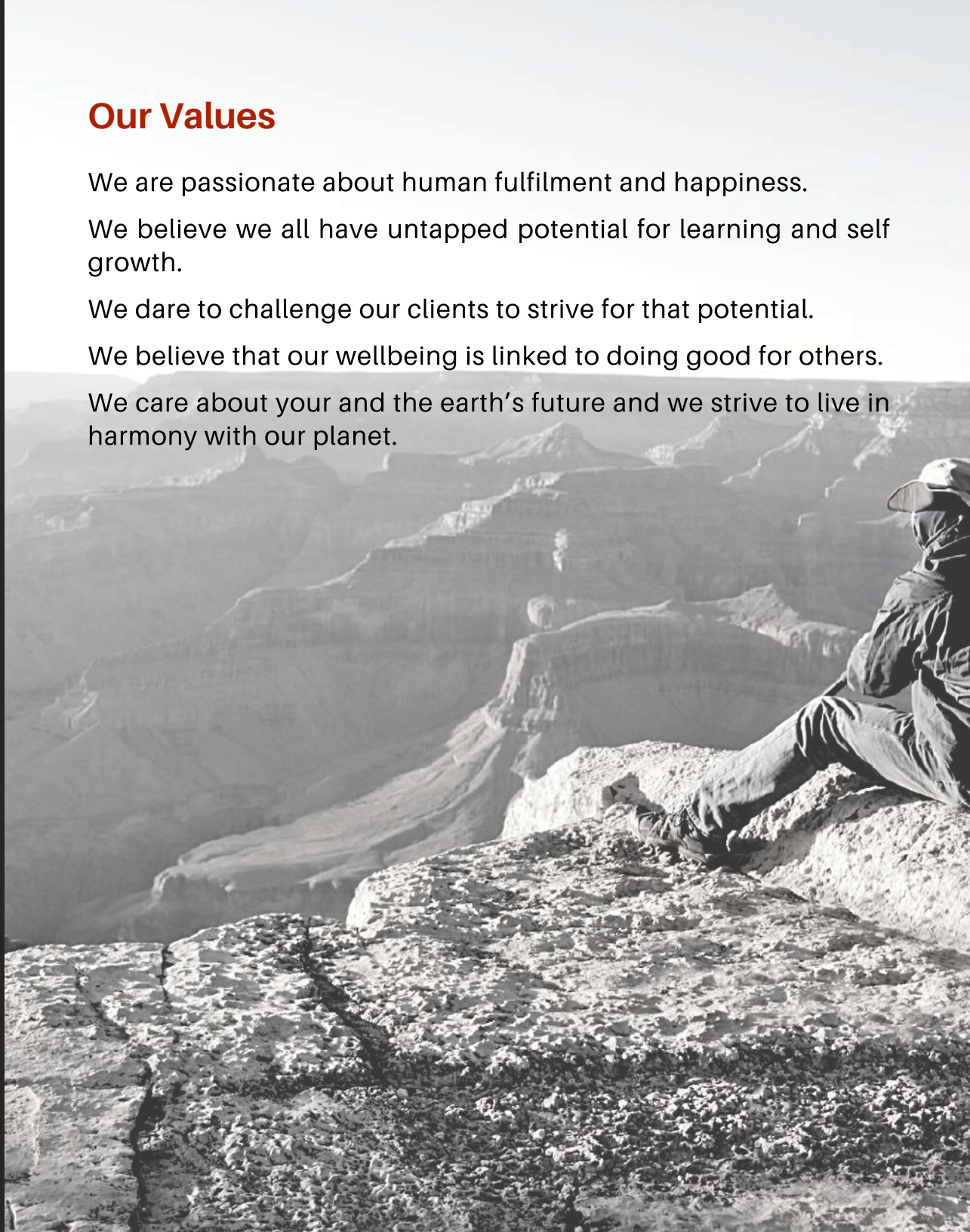
We are passionate about human fulfilment and happiness.

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.





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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, a Tedx speaker, 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.



Soft Skills for Asians

PSYCHOMETRIC ASSESSMENTS

ONLINE

- Emotional Intelligence
- Strengths
- Mental Toughness
- Personality
- Resilience
- Emerging Leaders
- Positive Psychology
- Psychologically Safe Workplace
- Burnout
- Full engagement
- Autonomy
- Positivity
- Cultural Diversity
- Mindset

EXECUTIVE COACHING

IECL, ICF

- Organisational psychology
- 6 to 10 sessions
- Face to face
- Online
- Reports
- KPI

LEADERSHIP RETREAT

EXPLORING OUR LEADERSHIP IDENTITY

- 3-4 days off site
- Digital Detox
- Exploring our leadership identity
- Challenging our self culture and beliefs
- Deep team bonding

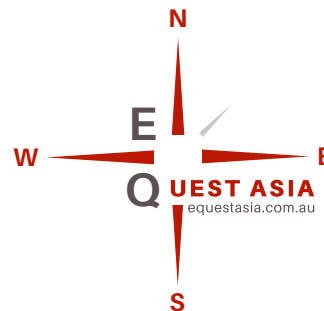
FOLLOW UP

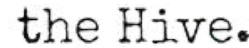
REFRESHER TRAININGS

TRAINING

BASED ON IDENTIFIED NEEDS

- Leadership
- Emotional Intelligence
- Mindset
- Cultural Intelligence
- Women Empowerment
- Mindful Leadership
- Brain Performance
- Communications





DON'T TAKE OUR WORD FOR IT





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 millennials 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 / Executive Board Director EUROCHAM Vietnam

My and Anthony both have fantastic facilitative and presentation styles. My is a dedicated and supportive coach that enables leaders foster high EQ performing in teams, I appreciate you tailoring your presentation to our needs. The group work was engaging. The course wa easy to understand for all the demographics. Her positive attitude and passion makes working with her a pleasure. She operates with much empathy. I understand EQ is a whole life practice. The course reminds me to cultivate mindfulness, concentration and insight for EQ. My and Anthony do an outstanding job of conveying the principles and getting us to recognize the importance of EQ. Loved the content and delivery! Thank you a lot for your enthusiasm!

Hien Le / Senior Manager, Cap Gemini Vietnam| Ho Chi Minh City

I would like to express my appreciation for your inspiring presentation at Eurocham "Low engagement. Poor performance". Your years of research, your deep of understanding of "The New Normal", and your ability to present the subject in such an interesting way produced one of the most memorable time for my week. One last thing, I want you to know that what you said had a significant impact on me and many of the participants. Thank you.

Phung Huu Khai / Representative SWISS Vietnam, Account Manager Lufthansa Group | Austrian Airlines, Lufthansa, SWISS

We have had the opportuniy to have My sharing with our team at Colliers International on the importance of having good communication practice at work for ultimate mental health. My was able to relate with her audience without being condescending and was able to coax the team into sharing on a subject which may still be taboo in Asia. Being able to discuss ad share in an open and safe environment. My facilitated a session which was the beginning to a healthier journey to many. I am certain the team will take to heart some of the reminders on maintaining an effective lifestyle with a healthy balanced diet and reflect often on our state of mind very useful in working toward better state of mind. Thank you again My

Winie Lam / COO at Colliers International Vietnam

Fusion Group leaders had the chance to experience a session with My, called "Authentic Leadership". Inspirational moment for all of us. Thanks My. I would recommend her without hesitation. Atilla

Atilla Erda / Chief Operating Officer at Fusion

I joined a workshop about EQ & its link to Happiness by Ms My Holland in April this year. It was a very informative, interactive and enjoyable workshop. I really like it and will definitely participate more in her program whenever possible. I'm currently reading her book Happiness Is the Way too. Thank you Ms My!

Khanh Linh Nguyen / Executive Office Manager at the German Business Association in Vietnam



Start a conversation with us

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