

Cindy Tien

**Keynote Speaker. EQ Maven.
Titanium Hipster**

EQ for Influence

Inspiring your people to..

**Break Through Blind Spots and
Turn EQ into Influence**

Strengthen Connections

Conquer Challenges

Claim Your Messages

Cindy Tien



INTRODUCTION

We are living in times like never before. Beyond the global pandemic recovery, ever-increasing pace of work, and the massive integration of technology into our lives - people are experiencing changes to every part of themselves. Depression, burnout, the loss of self-esteem and personal identity is now frequently experienced, and people are bringing years of their unresolved baggage to work, leading to disempowering behaviours which affect performance and results. Navigating through all of these challenges require skills and strategies.

The time for Radical Emotional Intelligence is Now.

Cindy's keynotes and masterclasses are carefully crafted to take individuals and teams on a transformative journey that cultivates emotional intelligence, resilience, and self-mastery. With thoughtfully designed engagement techniques, our audiences are given a safe space for honest reflections and sharing, while being captivated by stories that tug at the heartstrings and induce authentic laughter. Cindy's goal is to leave every audience member feeling empowered, inspired, and ready to take on the world with actionable insights.

The Leader Within: Igniting Your EQ Einstein

Synopsis:

Struggling to influence and connect with your stakeholders and team?
Feel like something's holding back your impact—but you can't quite put your finger on it?
Chances are, it's not a skill problem. It's an EQ blind spot.

What if you could uncover the missing mojo that's quietly eroding your influence? What if the leader you aspire to be isn't missing—but simply hidden beneath old patterns?

In this interactive session, we'll help you ignite your EQ Einstein—the part of you wired for emotional clarity, connection, and influence. You'll walk away with sharper self-awareness, practical tools, and a renewed sense of leadership presence that feels authentic—and powerful.

Session Topic: Igniting Your EQ Einstein for Influence

- Uncover the EQ Factor That Drives Real Leadership
- Detect Your Missing Mojo—The Hidden EQ Gaps Killing Your Influence
- Turn Influence into Action—Master the Moves that Make EQ Work for You

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

The Power of Recognising YOU

Synopsis:

In a fast-paced world where speed has become a priority, it's easy to lose sight of who we are and what truly matters. We can get caught up in the rush of success and the pressure to fit in - numbing out, lashing out and eventually , burning out. But what happens when we lose ourselves along the way? What do we risk when we're so eager to get ahead? How do we regain our sense of meaning in our personal and professional lives?

Get ready for a truly immersive experience as your audience is taken through an eye-opening journey filled with brutal truths and pitfalls. Drawing from her own gruelling journey, Cindy will share practical strategies to help your audience pick themselves up from burnout and become more engaged, motivated, and productive - leading to better business outcomes.

3 Key Takeaways:

- Recognise the warning signals of burnout and losing of 'Self'
- Uncover the damaging expectations that you might have set on yourself
- Identify the four domains of your life to prioritise for transformation

Alternative titles - Choose the one that best fits your objectives:

1. The Lost Art of Finding Yourself
2. From Chaos to Courage: The Power of Recognising YOU

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

Remove Your Roadblocks and Reclaim your Resilience

Synopsis:

In a climate of change and uncertainty, two of the fastest growing problems are anxiety and burnout. These erode our resilience - killing our drive, confidence and ability to make quality decisions - preventing us from the life we deserve.

But what if we could remove these roadblocks and tap into our inner strength and confidence? What if we could achieve greater clarity and resilience, no matter what challenges we face in the outer world? What kind of life and business success could we create for ourselves?

Join us in this engaging and interactive session as Cindy shares real-life stories that will inspire and empower the listeners to reflect on their own life journey. The audience will learn how to identify the roadblocks that are holding them back, recognize their four inner pillars of intelligence for self-mastery, and gain new insights to rise above their roadblocks and start living in their truth.

3 Key Takeaways:

- Identify the road blocks that are causing you to crumble
- Recognise your four inner pillars of intelligence for self-mastery
- Gain new insights to reclaim your resilience

Alternative title - Resilience Redefined: Rising above your Roadblocks

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

Winning in the midst of Life's mess

Synopsis:

Have you ever been through a life-defining event? One that shook you to the core and it almost feels like you will never recover from it? And most recently, the pandemic has created profound changes to how the world operates. These significant emotional experiences can leave us still feeling tangled, trapped, and trodden.

But what if you could not only bounce back, but come back stronger and more resilient than ever before? As we navigate the unending changes and uncertainties of today's world, the ability to reset ourselves and move forward is more important than ever. In this engaging and thought-provoking session, you'll gain a deeper understanding of your own personal resilience and learn practical strategies for stepping up as a resilient role model.

3 Key Takeaways:

- Discover the true power and impact of your Personal Resilience
- Leverage on the Transformative cycle of your inner world for Positive Change
- Stepping up as a Resilient Role Model with Practical Strategies for Success

Alternative titles - Choose the one that best fits your objectives:

1. "Resilience Revolution: Techniques to Thriving in Turbulent Times"
2. "Thriving in Turmoil: Winning Amidst Change and Chaos"

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

Breaking through your B.S.

Synopsis:

Are you tired of feeling stuck and unhappy in certain areas of your life, but feeling like you're constantly failing to make a change? It can be difficult to acknowledge the serious problems with our own behaviours, and denying them can negatively impact our personal relationships, career, and self-respect. But what if there was a way to climb out of the self-loathing pit-hole and make significant strides towards personal transformation? In this highly interactive session, Cindy shares her story from climbing out of her self-loathing pit-hole to taking baby steps that changed her life. The audience will take away practical strategies for personal transformation.

3 Key Takeaways:

- Unlock your innate potential by embracing your imperfections
- Identify the behaviours that are blocking you from your best self
- Break through your limitations with strategies for self-mastery

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

Cutting through the Chaos

Synopsis:

Do you ever feel like you're stuck in your life, career and overall growth? Are you restless, secretly hoping for change, but unsure on how you can move forward? Studies show that many experience a midlife crisis as early as their mid to late 30s, in which we grapple with existential issues, physiological changes, and shifts in relationships and confidence dips. These experiences can be tumultuous, leaving us trapped and defeated. But what if you can step up and step out again? What if you can be inspired to think differently, create connections that matter, and feel alive again? Join us in this engaging and interactive session with real-life stories that will inspire and empower the listeners to reflect on their own life journey. The audience will learn how to identify the blind spots that are holding them back and discover their own unique opportunity in embracing the freedom to the next chapter of their lives.

3 Key Takeaways:

- Assess the level of clarity in your own life
- Identify the potential blind spots as obstacles to your progress
- Discover the 3 keys that will inspire you to step up with confidence

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

Previous Engagements Done

- Banking and Financial Institutions
- Hospitality
- Luxury Brands
- Pharmaceuticals
- Real Estate
- Universities

- Tech Organisations
- Sales Organisations
- Multinational Organisations
- Associations
- Women's groups
- Leadership groups

Each topic and key takeaways are customisable
A discovery call will be needed for contextualisation and customisation

TESTIMONIALS

“The session was filled with interactive activities, meaningful discussions, and reflective learnings with excellent facilitation standards. Cindy is an authentic and impactful speaker and coach who has the ability to inspire transformation.”

- Ng Seok Yee
Legal Entity Controller at Citibank

“Cindy’s content was leveraged to enhance our leadership profiles in Singapore and Asia Pacific. She carries a wonderful presence about her, is extremely engaging and professional, and is an incredible delight to work with. We are so truly lucky to have discovered a partner in Cindy.”

- Jacqueline Tan
APAC Lead, Change and Communications
at Johnson & Johnson

“Cindy is always positive, cool and captivating on stage and she didn't let me down with a wonderful performance that truly engaged and inspired our audience. The crowd loved her. If you would like a keynote speaker to really make a difference you can't go wrong with Cindy, I'd have her speak again in a heartbeat. Highly recommended.”

- Chris J. "Mohawk" Reed CEO of Black Marketing

“Cindy is an inspiring role model for many young women like me. Her positivity and energy is infectious and I really admire her ability to facilitate meaningful and reflective discussions. Above all, I was impressed with Cindy’s commitment to empowering others to reach their full potential. She is an authentic leader who makes a positive impact in the lives of the people. Thank you, Cindy, for inspiring me to learn more, do more and become more!”

-Jessica Lee Graduate
Talent OCBC Bank

“Cindy spoke about Gratitude in Resilience with real life stories that touched the hearts and minds of the audience, was very engaging and kept the audience involved throughout. She provoked us with great reflective questions, inspired the audience with the sharing of her personal journey which left the audience feeling empowered, which was exactly the goal.”

- Shauna Bull
Culture Champion and Allyship Ambassador at LinkedIn

“The Challenge >> train a group of nerdy engineers on emotional intelligence and relationship building. Cindy was 110% present and encouraging throughout - her enthusiasm is contagious, so everyone was engaged and participating in every activity. The program and Cindy's superb facilitation skills has made a huge impact on our team of nerds, both in their personal and professional lives! Thank you!”

- Lara Dudley, Digital Matter

OUR CLIENTS



What Makes Cindy Different from other Sales & Leadership Speakers?

Here are the reasons to engage Cindy

✓ Real Corporate Credibility:

20+ years of professional experience—10 in high-level corporate sales, and more than a decade working with leaders and sales teams in top-tier organizations.

✓ EQ with Edge:

She combines emotional intelligence with sales psychology, behavioural science, and coaching mastery—delivered with disarming humour and real talk.

✓ Engaging for impact

Her sessions are guaranteed to be fun, energetic and interactive! Your audience will be left feeling empowered and inspired for action.

✓ Hard-Won Wisdom:

Unlike speakers who coach from the sidelines, Cindy speaks from lived experience—her story of overcoming addiction, trauma, and corporate burnout gives her deep relatability and emotional authority.

✓ Results-Focused + Relatable:

Her sessions are not “motivational fluff.” They are packed with tools, stories, and frameworks that shift mindsets, behaviours, and business outcomes—without losing authenticity.

✓ Dual Power:

Equally at home with senior leaders or ambitious sales teams, Cindy bridges performance and empathy, inspiring change from the inside out.

✓ Bold without BS

Cindy is known for having the courage to say what others often avoid. Her audience has described her as riveting, with the ability to connect on an emotional level.

Impactful, Authentic, Inspiring

Cindy Tien

Meet Cindy Tien – the EQ Maven and Titanium Hipster

Cindy Tien is a Certified Speaking Professional, Executive Coach, and EQ expert who empowers leaders and sales teams to strengthen connections, conquer challenges, and communicate with influence.

With more than two decades of real-world corporate experience—10 years negotiating high-value deals in multinational corporations and another decade coaching and training professionals across luxury brands, financial institutions, and global giants like American Express, Citibank, and S&P Global—Cindy brings rare credibility to every stage.

What makes her different? Cindy doesn't just teach emotional intelligence. She embodies it. Having overcome near-bankruptcy, addiction, and two major hip surgeries, her personal journey is a story of radical resilience. Her trademark blend of unfiltered honesty, dark humour, and disarming empathy helps audiences confront their blind spots, break through barriers, and transform the way they lead, sell, and live.

Whether she's working with leaders or elite sales teams in a keynote or masterclass, Cindy's mission is clear: to break through blind spots, inspire change and turn hurdles into hallmarks - for improved results, relationships, and resilience.



Connect with Cindy

CindyTien.com

Cindy@CindyTien.Com

LinkedIn: [cindytien](#)

IG: [its_cindy_tien](#)