

## EMOTIONAL RESILIENCE

Inspiring your people to..

**Break Through Blind Spots and  
Turn Hurdles into Hallmarks**

**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 requires skills and strategies.

**The time for Emotional Resilience 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 for Influence

## Synopsis:

Do you struggle with influencing and connecting with your team? Are you missing a crucial component that's holding you back from your leadership impact? Are there EQ blind spots that are keeping you stuck right where you are? Imagine being able to detect your missing EQ mojo and discover the inspirational leader that has been kept hidden – what will that do for your personal and professional life? How will it change the way you feel about yourself? In this interactive session, you will learn how to ignite your EQ Einstein, become a more effective leader, and unlock your influence from within.

## 3 Key Takeaways:

- Identify the impact of Emotional Intelligence in your Leadership
- Detect the missing EQ mojo which erodes your Influence
- Recognise the crucial components that will transform your EQ

## 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, without even realizing it. 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 and become more engaged, motivated, and productive - ultimately leading to better business outcomes.

## 3 Key Takeaways:

- Recognise the warning signals which indicate you're about to lose yourself
- 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**



# OUR CLIENTS

“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



Van Cleef & Arpels

# 5 REASONS TO ENGAGE CINDY

## **Engaging**

Her sessions are guaranteed to be fun, energetic, interactive and impactful! Your audience will be left feeling engaged and empowered.

## **Bold**

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.

## **Powerful Stories**

Cindy's personal life experiences add up to a powerful message on their own. She speaks from a place of authenticity with a heart full of humility to inspire change.

## **Practical**

She believes that action is a big step to success, and her sessions provide practical strategies and takeaways for the audience to apply as they work towards their desired transformation.

## **Corporate Experience**

Having worked in a corporate environment and with corporate clients over the last 20 years, Cindy interacts well with people across many levels and understands corporate needs.

## Impactful, Authentic, Inspiring...

*Cindy Tien*

Cindy is an EQ Maven who unlocks the key to your team's personalities and behaviours, revealing the underlying causes of burnout, overwhelm, and disempowering habits that may be holding organisations back. With her skills and knowledge, she aims to help your people develop greater emotional intelligence to navigate today's fast-paced and uncertain world for improved results, relationships, and resilience.

Unlike many other speakers and executive coaches, Cindy is privileged to have a significant understanding of the corporate environment, specifically multinational corporations from 21 years of experience in the workforce. 10 of those years were immersed in working within corporations - negotiating at the top level for high-value contracts in the travel and expense management industry. After that, she left her corporate role and spent the next 11 years as a Speaker, Trainer, & Executive Coach - working with luxury brands, sales organisations, as well as banking and financial institutions, including global names such as American Express, Citibank, and S&P Global.

Cindy's passion to impact the lives of others arose from the struggles which she grappled in her own life journey. As a self-confessed rebel, she was on the road to destruction at a young age of 23, battling near bankruptcy, addictions, and traumatic health issues that led to two major hip replacement surgeries with titanium implants. Her turnaround moment came when she found the courage to break through her blind spots and limitations that had shackled her since young. Known to have a huge dose of straight-up humour and authentic sharing, she aims to connect with her audience by peeling off their veneers of fear, self-doubt, and insecurity through powerful stories

Cindy is a Certified Speaking Professional and commonly known as a Titanium Hipster. One of her other professional hats includes her role as an Associate Director at Imageworks, a Singapore-based training company. She looks forward to inspiring your leaders and teams to Break Through their Blind Spots and Turn their Hurdles into Hallmarks, and as a result - Strengthen Connections, Conquer Challenges, and Claim their messages.



### Connect with Cindy

[CindyTien.com](http://CindyTien.com)

[Cindy@CindyTien.Com](mailto:Cindy@CindyTien.Com)

LinkedIn: [cindytien](#)

IG: [its\\_cindy\\_tien](#)