

EQ Maven. Titanium Hipster.
Certified Speaking Professional

EQ for Influence

Inspiring your people to..

BREAK THROUGH BS
AND TURN EQ INTO INFLUENCE

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. Disengagement, burnout and the loss of motivation is now frequently experienced, and people are bringing years of their unresolved baggage to work, leading to disempowering behaviours which affect leadership, performance and results. Navigating through all of these invisible barriers require self-awareness, strategies and skills.

The time for Influential EQ is Now.

Cindy's keynotes and masterclasses are carefully crafted to take individuals and teams on a transformative journey to first influence themselves - so that they can influence others powerfully. With thoughtfully designed engagement techniques, your audiences are given a safe space for honest reflections and sharing, while being captivated by stories that tug at the heartstrings and induce laughter. As a keynote speaker, Cindy brings disarming humour and a sharp edge to the room - moving your audience to:

Face the truth clearly, Laugh at themselves openly, Take action bravely.

Break through your BS to Influence Yourself

Synopsis:

Many of us are capable, driven, and doing all the “right” things. And yet... something’s off. We’re unfulfilled. Stuck. Or stuck performing competence on repeat while quietly wondering, Is this it?

This isn’t a motivation problem. It’s a truth problem.

In this session, Cindy invites the audience to look uncomfortably inward and confront the invisible barriers running the show at work — the internal rules, reflexes, and stories that quietly dictate behaviour, decisions, and self-worth.

Drawing from her book *InSide* and real workplace dynamics, Cindy introduces the 3 BS Cocktail traps that keep smart people shackled.

By seeing themselves clearly, the audience moves out of self-deception and builds self-influence - to choose how they lead and live.

3 Key Takeaways:

- Recognise the real reasons behind your unfulfilled potential.
- Identify the 3-part BS cocktail shaping your behaviour
- Build self-influence to shift your influence at work

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

The Leader Within: Igniting Your EQ Einstein

Synopsis:

Most workplaces are filled with capable, well-intentioned people. Yet in everyday conversations and decisions, influence is anything but equal. Some voices land. Others hesitate, self-edit, or step back. Not because they lack competence, but because EQ blind spots quietly shape who gets heard, trusted, and included.

This session cuts through to examine how EQ really drives influence, access, and impact at work, and why personal performance alone isn't enough.

Through sharp stories, real-world dynamics, and practical frameworks, participants will see how everyday behaviours shape airtime, credibility, and opportunity, and what it takes to shift from individual effort to shared impact.

3 Key Takeaways:

- Uncover the EQ Factor That Shapes Influence and Access
- Detect Your Missing Mojo—The Hidden EQ Gaps Working Against You
- Shift from Personal Performance to Shared Impact

Available in:



30 - 45 min Keynote



90 min Masterclass



Customisation

The Power of Recognising YOU

Synopsis:

In a world that rewards speed, output, and relentless ambition, burnout rarely arrives with a bang. It creeps in quietly. First as fatigue. Then cynicism. Then disengagement. Until the day.. you no longer recognise yourself.

High performers are especially vulnerable. The very traits that drive success - motivation, responsibility, high standards - often become the fuel for exhaustion, emotional numbness, and quiet self-betrayal.

So what happens when you keep pushing past the warning signs?
What do you lose when productivity replaces presence?

And how do you recover meaning, motivation, and energy before burnout costs you your health, relationships, and performance?

In this powerful and immersive session, Cindy takes audiences on an unfiltered journey through the realities of burnout - what it looks like, how it hides, and why so many capable professionals don't see it coming. Drawing from her own hard-earned experience and years of working with leaders and high-performing teams, Cindy offers practical, grounded strategies to help individuals interrupt burnout cycles, reclaim clarity, and perform at their peak.

3 Key Takeaways:

- Recognise the early warning signals of burnout before exhaustion, resentment, or disengagement take over
- Expose the hidden expectations and inner pressures that quietly drive overwork, guilt, and self-neglect
- Identify the four critical domains of life that must be restored and prioritised to rebuild energy, resilience, and long-term effectiveness

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

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

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 their barriers, inspire change and turn their EQ into Influence - for improved results, relationships, and resilience.



Connect with Cindy

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