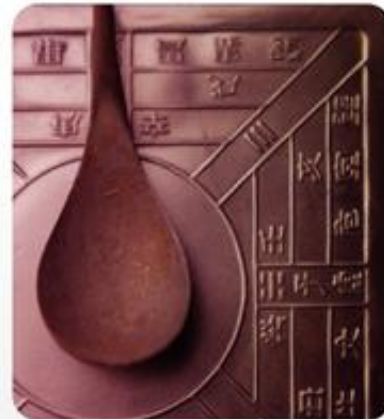
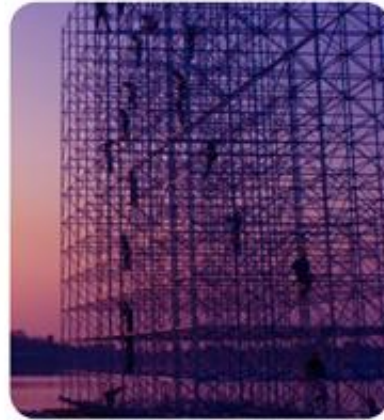




Transcend Coaching  
Our Core Competency



# WHY WE ARE HERE

We help individuals and organizations adapt and optimize in the face of increasing pressure, stress, and overwhelm from profound, simultaneous, and accelerating technological, economic, competitive, social/cultural and demographic change.

# VUCA: THE EXTERNAL REALITY

Volatile  
Uncertain  
Complex  
Ambiguous



# PAID: THE INTERNAL REALITY



potentialproject.com

Pressured  
Always on  
Information overload  
Distracted

# HOW WE DO IT

We cultivate organizations, teams, and leaders who embody



**“Actionable”  
Self-Awareness**



**Self-Management**



**Self-Transformation**

# WHAT WE OFFER



## “Actionable” Self-Awareness Programs

“**Actionable**” self-awareness is the moment-by-moment knowing of our mental, physiological, and emotional state and how it may be driving our thoughts, feelings, and behaviors. It also involves a flow of understanding, or discovery, of our authentic motives, values, and goals together with understanding what takes us “off track”.



Self-Awareness  
Assessments and  
Programs

Mindfulness-  
based  
Programs

Values/Purpose  
Discovery  
Programs

Executive  
Coaching  
(1:1 or Teams)

# WHAT WE OFFER



## Self-Management Programs

**Self-management** is recognizing and adjusting when going “off track”. Instead of *reacting* to stressors or other external events with patterned responses which may create derailment, self-management is the ability to practice, using multiple methods and strategies, optimal ways of *responding* which are constructive and productive for oneself and others.



Emotional  
Intelligence  
Programs

Mental  
Effectiveness  
Programs

Resilience/Stress  
Management  
Programs

Executive  
Coaching  
(1:1 or Teams)

# WHAT WE OFFER



**Self-transformation** is the ability not only to develop, but also to acquire capabilities which create long term positive change. Self-transformation provides the foundation for long term development of specific competencies that underpin leadership and management skills and without which performance development may not be sustained



Coaching Skills for Development Programs	Effective Communication Programs	Leadership Development Programs	Executive Coaching (1:1 or Teams)
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# OUR CORE COMPETENCY



More than 20 years of global executive and professional coaching in corporate contexts



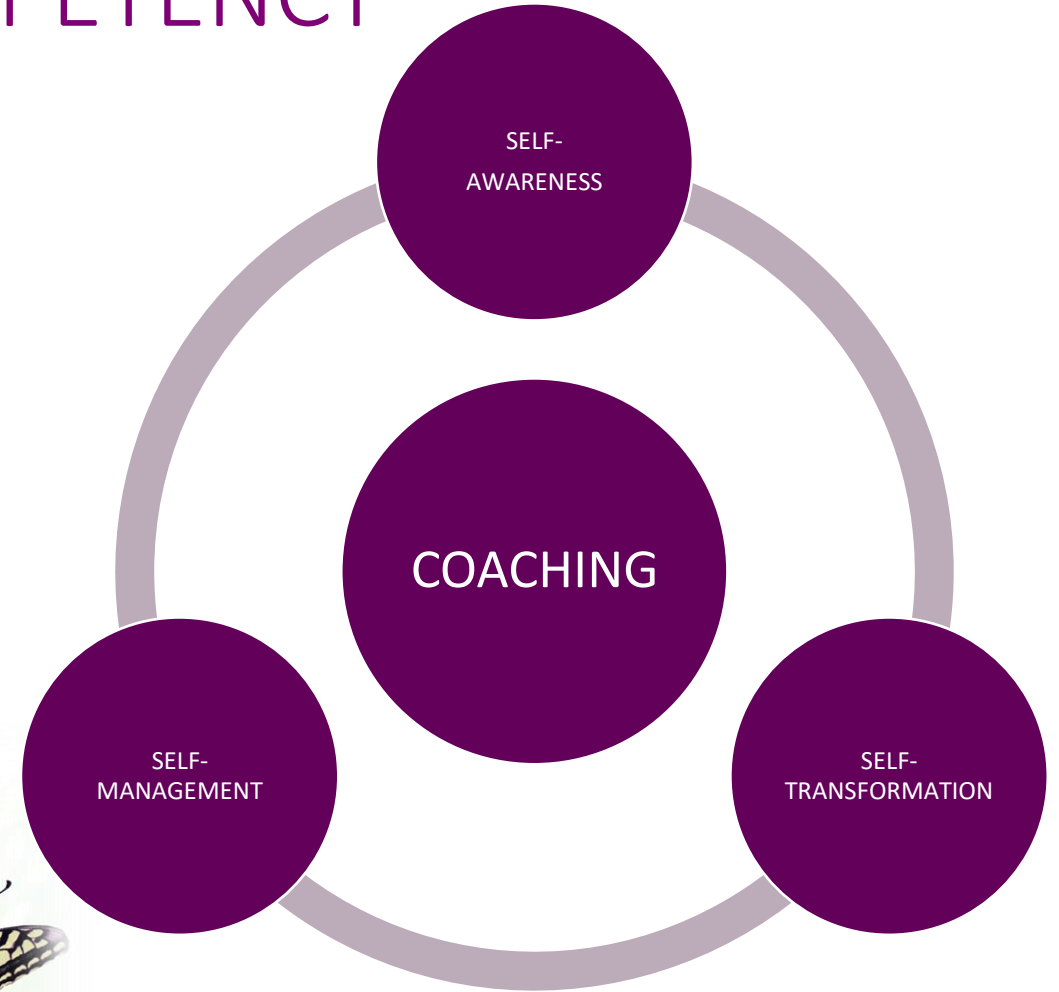
We are Former ICF (International Coaching Federation) Chapter Presidents (Hong Kong)



European Mentoring and Coaching Council (EMCC) Asia Pacific Founding Member



Hong Kong's 1st ICF-ACTP and Asia's first EMCC-EQA accredited program



# HOW WE DEFINE COACHING

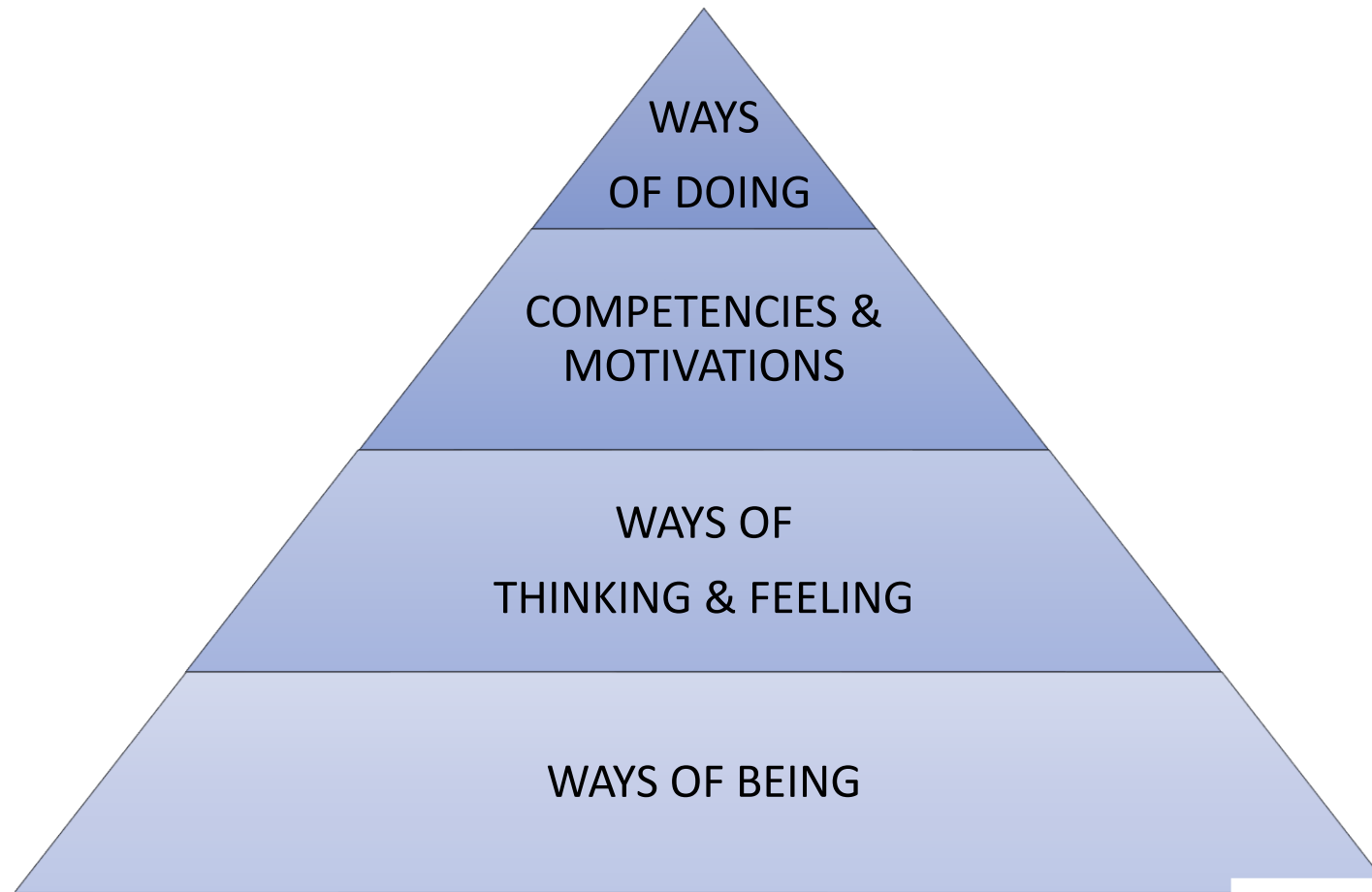


*“A Coach partners with a Client in a thought-provoking and creative process that inspires and helps them to maximise their potential”*

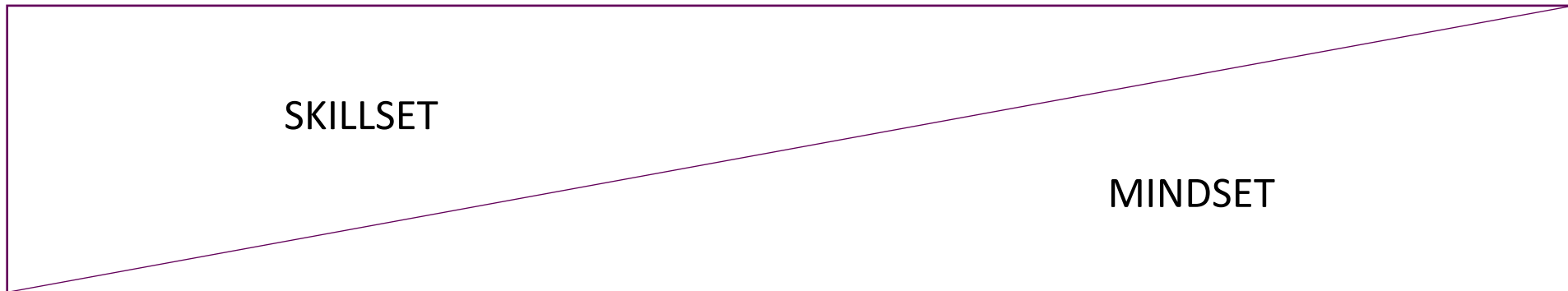


*“A Coach does this by helping a Client: firstly, to be clear on their goals, and then help them remain present with what they need to be attentive to in order to make optimal moment-by-moment choices which lead towards these goals”*

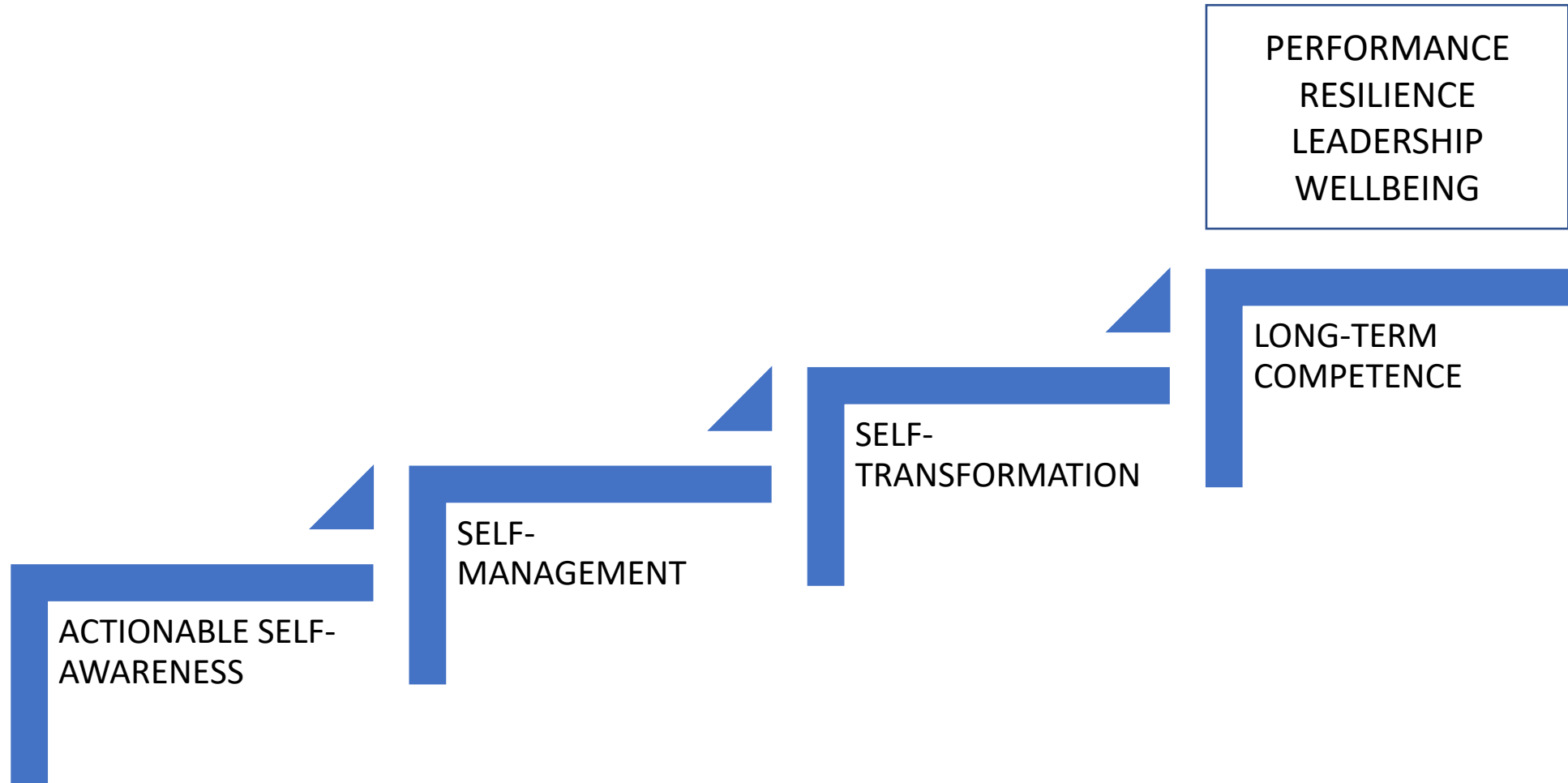
# DEPTH OF OUR COACHING WORK



# OUR COACHING SPECTRUM



# COACHING OUTCOMES



# SOME OF OUR CLIENTS



# COMMENTS FROM CLIENTS

*"The coaches listened well. They understood our thoughts and helped us understand our situation."*

*"I have become completely "unstuck!"*

*"One of the most transformative experiences of my life."*

*"Outstanding facilitators! Excellent and knowledgeable."*

*"I am a better person as a result of my engagement with Transcend and its offerings."*

*"Learnings related very effectively and simply to our real life situations."*

*"Great interaction and easy to understand and apply techniques."*

*"Thank you so much for changing my life and my transforming my work!"*

# MORE ABOUT US



# TRANSCEND



**Global with presence in Asia, Europe, and North America**



**Professional with over 10 years of experience in today's business**



**Evidence-based and grounded in recent scientific research**



**First-movers in coaching and development work in the region**



**Partnering with world-class expert organizations and executives**