



PONNY LAM

COACH · TRAINER · HUMAN DESIGN SPECIALIST

"I've come to believe that each of us has a personal calling that's as unique as a fingerprint – and that the best way to succeed is to discover what you love and then find a way to offer it to others as a service, working hard, and also allowing the energy of the universe to lead you."

~Oprah Winfrey

PROFILE

Ponny is a Purpose Coach and Career Educator who thrives in empowering individuals with strategies + mindset shifts so they can define and live their own versions of career success.

She brings with her 8 years+ experience in corporate HR & Talent Development in APAC from both the demand and supply sides of talents, 3 years in 1:1 career transition coaching, and a people-centric approach to problem solving. Personal growth is her life-long hobby, and she is always fascinated by what makes humans unique.

PROFESSIONAL EXPERIENCE

11 Years of well-rounded People Development exposures in APAC with key strengths in personal empowerment, project management & accelerating the performance of new teams.

Highlights:

Independent Career Coach & Trainer Since 2016
Career Learning & Development Manager, PolyU 2013-2016
Co-Founder, Service Trip Team Lead, Candlelight Asia 2012
Management Trainee to Corporate Assistant HR Manager,
Langham Hospitality Group, 2007-2012

PUBLICATIONS

Author of "First Job Bible: Strategies and Answers to Top Job Interview Questions"

E-Learning: Career development courses reached 9800+ students from 122 countries

TRAINING LANGUAGES

Cantonese & English

PASSIONS & INTERESTS

The Future of Work
Mind-Body-Soul Integration
Empathy & Intuition Development
Shadow Work & Inner Child Healing
TCM Wellness & Conscious Eating
Sound Healing (Tibetan Singing Bowls)

FOCUS TOPICS

- Increasing Self-Awareness, Confidence & Team Bonding Through Decoding Personality Differences (Main assessment tool I use is Human Design, with working Knowledge in MBTI, Enneagram & DiSC)
- Mindset Change in Career Transitions
- Experimental Learning Workshops
- Feminine & Conscious Leadership
- Mindfulness & Stress Management Training

EDUCATION & CERTIFICATION

- HUMAN DESIGN CONSULTANT TRAINING (CHETAN AND CAROLA PARKYN)
- CERTIFIED NLP COACH (AMERICAN BOARD OF NLP)
- POSITIVE PSYCHOLOGY COACHING CERTIFICATE (WHOLEBEING INSTITUTE) & FOUNDATIONS OF POSITIVE PSYCHOLOGY SPECIALIZATION (UPENN)
- COLOUR, IMAGE & STYLE CONSULTING TRAINING (INTERNATIONAL FEDERATION OF IMAGE CONSULTANTS)
- ENNEAGRAM MASTERCLASS WITH HELEN PALMER BY ENNEAGRAM WORLDWIDE
- BBA (HONS) IN HUMAN RESOURCES MANAGEMENT, HONG KONG BAPTIST UNIVERSITY