

EXECUTIVE COACH – DOREEN TEO



We all have a choice to do what we love and enjoy a fulfilling and meaningful life

“Accelerating Growth & Impacting Lives”

Qualifications & Certifications

2012 - Certification in Hogan Assessments (Hogan Personality Inventory; Hogan Development Survey; and Motives, Values and Preferences Inventory), Optimal Consulting, Singapore.
2012 - Certification in Workplace Big Five Profile, Distinctions Asia, Singapore.
2011 - Associate Certified Coach (ACC), International Coach Federation, USA.
2011 - Neuro-Linguistic Programming Practitioner Certification, Mind Transformations, Singapore.
2010 - Corporate Coach U Graduate (CCUG), Advanced Corporate Coaching Program, Corporate Coach U, USA.
2008 - Core Essentials Graduate (CEG), Core Essentials Fast Track Coaching Program, Coach U, USA.
2004 - Coaching for EA Professionals, Employee Assistance Professionals Association (EAPA), USA.
2004 - Executive Coaching for Effective Leadership, Human Dynamic, Hong Kong.
2002 - Career Coach Certification, Worklife Asia, Singapore.
2001 - Bob Pike's Creative Training Techniques, OTi Consulting, Singapore.
2001 - DiSC Behavior Profiling, OTi Consulting, Singapore.
2000 - Master of Education (Training and Development), University of Sheffield, UK.
1999 - Working with Trauma Victims, Singapore Armed Forces, Singapore.
1997 - Certificate in Counselling, Counselling and Care Centre, Singapore.
1996 - Trauma Management, Singapore Armed Forces, Singapore.
1995 - Bachelor of Arts (Hons), National University of Singapore , Singapore.

Coaching Experience and clients

Doreen coaches executives and leaders to achieve breakthroughs and thrive on challenging changes at various stages of their career. An executive coach with counseling expertise, Doreen has over 15 years of practitioner-based experience empowering her clients to maximize their potential and performance through deeper understanding and management of their thoughts, emotions and behavior. Doreen's clients include major players in the IT, banking/finance, pharmaceutical and government sector industries.

Doreen has coached various levels of executives, from Directors/Vice Presidents to new managers, in managing significant challenges. Possessing extensive insight into the psychological impact of change, she works with her coachees to explore positive possibilities and overcome obstacles such as self-limiting beliefs and emotions which impede them from excelling at work. This approach enables them to focus on meeting performance expectation and delivering results without being derailed by transition or change issues. Doreen also coaches leaders to become internal coaches, thereby enabling them to offer constant and regular in-house coaching support for their employees.

Type and Style of Coaching

Doreen supports her coachees in getting “unstuck” and achieving breakthroughs at various stages of their career (from developing a career direction, advancing in their career within the organization to career transition out of the organization) and managing personal changes:

- To take charge of their career and develop effective goals and plans to enjoy a satisfying and fulfilling career.
- To achieve breakthroughs in their performance and career advancement, or overcome obstacles in their career eg. managing relationships at work, role transition from individual contributors to people managers, positioning and perception at work etc.
- To attain satisfying balance and fulfillment in their work and personal life.
- To work through difficult personal issues (career transition/ personal changes/ losses/ unresolved matters etc) that are derailing their professional life.

Doreen’s coaching style is coachee-centered, solution-focused and non-judgmental. She partners her coachees in a collaborative coaching process of reflection, discovery and taking action toward positive change and sustained performance.

Previous corporate experience

Doreen founded Empowered Choices in 2005 with the mission to empower individuals to make choices that maximize their potential and performance in their personal and professional life. Prior to that, she was a counselor and trainer with the Ministry of Defence and subsequently, an Employee Assistance Program consultant providing consulting, coaching and training services to MNCs from various industries eg. IT, Banking, Oil and Gas etc.

Specialised industry focus and expertise

Doreen has worked in both public and private sectors and currently provides coaching and training services to various industries such as government, banking & finance, IT, oil & gas, pharmaceutical etc. She is adept at working with executives from diverse cultures and employment levels. She focuses on getting her coachees to enhance their self-awareness, and align their inner thoughts/motivation with demonstrated behavior that benefit themselves, their team and organizations.

Philosophy – Professional and Personal

“We all have a choice to do what we love and enjoy a fulfilling and meaningful life”

I want to empower others to do that - accelerating their growth and impacting their lives.

Life Statement / Quote

“Maximizing potential and performance”

“We all have a choice to do what we love and enjoy a fulfilling and meaningful life”