

List of popular talks by Brenda Tan:

MANAGING EMOTIONS FOR SUCCESS

Are you able to control your anger or frustration at work? Do you suppress how you feel and blow up later?

Our ability to deal effectively with our emotions in the workplace is critical to our success. Our current environment has led to more stress and challenges to our mental wellbeing and having the capacity to manage our emotions is increasingly a critical skillset.

Those who have developed it earn the respect of others by remaining steadfast even in difficult situations, responding effectively in crises, and treating others with respect in all circumstances.

Join Brenda for an hour of sharing, where she gives key tips to manage your emotions, rather than letting your emotions manage you in your professional and personal life.

UNDERSTANDING SELF THROUGH LOVE

“Do unto others as you would have them do unto you”. But treating others as we would like to be treated is harder than it seems. One, we’re all pretty self-centered, far more in touch with our own desires than with those of others. Two, most of us think other people’s desires are similar, if not identical, to ours (and if they are not, they should be!).

Ever wondered why we behave this way unconsciously or in certain ways that create conflict?

Research shows that 100% of people in negative relationships have higher risk of cardiac death, and 60% of such relationships results in depression. Love matters and it can affect our mental health!

In our session together, learn more about yourself through love so we can have better relationships with ourselves and others. Discover how neural integration and early hood challenges affect us across work and love.

MINDFUL CONVERSATIONS FOR SUCCESS

“Talking is the most dangerous thing people do - and listening is the most infrequent. And yet our relationships are what matter most to us.”

Empower yourself with Mindful Conversations so you can talk without criticism, listen without judgment, and connect beyond differences. A positive work environment where coworkers respect each other is crucial. Ability to communicate mindfully boosts collaboration, productivity, morale, and therefore, the bottom line.

Mindful speeches also help to strengthen more joy-filled relationships amongst loved ones; all of which are beneficial to our mental wellbeing. Join me as I will share some tips and a simple relational communicative process which you can apply right away!

MINDFULNESS FOR SUCCESS/ STRESS MANAGEMENT/MENTAL WELLBEING

Bill Gates, Will Smith, Jessica Alba, Michael Jordan, Arnold Schwarzenegger, and George Lucas, billionaire and creator of Star Wars all have 2 things in common – Success and meditates.

Facebook, LinkedIn, Twitter and Google of the Silicon Valley are all practicing mindfulness in corporate. Did I mention UK's parliament as well!

Clay Collins, founder of an 8 figure SaaS company, Leadpages, says:

“he meditates and that he attributes a lot of his success of his company to it because it has prevented him from saying stupid stuff when he’s angry”.

According to Petra Martin, who is responsible for leadership development at Bosch, Automotive Electronics, “Mindfulness is an essential lever to shift from a culture of control to a culture of trust. Communication has fundamentally changed since we introduced our mindfulness training to more than 1,000 leaders in the organization.”

Benefits of mindfulness include:

- increase motivation, more joy and empathy, and reduces and stress
- helps facilitate navigation through uncertainty
- focused and clarity thinking, thus lesser mistakes at work
- promotes culture of trust and innovation
- reduce conflict and miscommunication
- improves employee engagement and relationships, and list goes on...

NUMEROLOGY – EMPOWER YOURSELF THROUGH NUMBERS

Everyone has the potential to do well in their life!

Knowing your own UNIQUE numbers can unlock your greatest gifts, skills and talents, and live the life you are meant to live! In this talk, just using your date of birth, you will discover about the power of your own unique number, suitable careers for you especially in such unprecedented times, to our own communication and leadership styles. You will also find out if you have any golden number that promises better luck and wealth too.

BRENDA TAN

**Author | Speaker | Trainer | Adjunct Lecturer |
Accredited Colored Brain™ Practitioner |
Certified Safe Conversations™ Facilitator |
ABNLP Accredited Hypnotherapist**

Cited by the Prime Minister of Singapore in his National Day Rally Speech in 2008 as a story of excellence, Brenda Tan is dedicated to helping individuals and organisations maximise their capacity for success. She was featured in media such as Straits Times, TODAY, Radio 938Fm, and Capital TV Malaysia.



In her book “Regain Your Power”, she share many important life-changing lessons on empowering oneself

and living fully. Brenda conduct talks and workshops to organisations such as DBS, UOB, Capella Hotel and Resorts, Marina Mandarin Hotel, QatarGas, Great Eastern Assurance to name a few. Brenda was also the Ambassador and Trainer for Business Network International, world’s largest business networking organization where she teaches business owners how to network effectively.

“Ms Brenda is a great speaker and inspiring. I learnt so much that I don’t want the talk to end!” - Staff of Capella Hotel & Resorts

Marrying her passion for achieving personal and professional success, Brenda was also a business coach with ActionCoach and an entrepreneur in parallel. Her extensive career also included working for

Government Board, and Multi National Corporation, having held diversified roles. At just age 26, Brenda became one of the youngest managers in Citibank Singapore Limited to lead a team of more than 80 employees.

Now, Brenda volunteers her time as mentor to Institute of Technical Education, and Singapore Prison Services.

Brenda’s reputation as trainer and coach, is built on her energetic, honest and warm approach. Motivating and inspiring, she has the ability connect and deliver her topics that are easy for audience to follow and learn.

Connect With Me

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