

BETTER & BETTER



Dr. Claire Keow



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Organizational Productivity Specialist



- **Claire Keow** is a dynamic speaker and trainer armed with 19 years of experience. Acclaimed as a Strategist and Marketer, she had her secondary and tertiary education in Singapore, Australia and Malaysia. She started her Training and Consulting career eighteen years ago and have trained in Malaysia, Singapore, Brunei, Dubai, and Indonesia.
- She employs the latest principles, processes and tools to coach clients' teams and provide insights about shared leadership, teamwork, consulting, coaching, project management, themselves and organization/clients. These very same principles, processes and tools can be cascaded throughout the entire organization and create a culture of shared leadership and high performance teamwork resulting in increased engagement, productivity and profitability.
- For the last 19 years, Claire has been involved in a variety of change initiatives within multinational corporations and local organizations around the world including merger integration, customer engagement leadership development, team development, culture change, organizational alignment, human resource development and team coach development. Some of her notable clients include: Bayer, Roche, Standard Chartered Bank, AIG, AKER Solutions, NTUC Singapore, MWS Bethany Singapore, Novartis, Digi, Shell, BP, Maybank, Civil Institute of Brunei (IPA), Suria Capital, Colgate, KWSP, Pos Malaysia, Henkel, Inti Universities, Hilti, OSRAM, Infineon, STATOIL, Petronas and many more.

B : Boldness

E : Experience & Exposure

T: Thinking

T : Teamwork

E : Evolve

R : Resilience

Better.

BOLDNESS

You gain strength,
courage, and
confidence
by every
experience in
which you really
stop to look fear
in the face. You
must do the thing
which you think
you cannot do.

- Eleanor Roosevelt



**BOLDNESS
HAS GENIUS,
POWER, AND
MAGIC IN IT.**



EXPERIENCE & EXPOSURE



People never learn
anything by being told,
they have to find out for
themselves.

Paulo Coelho

It is not your
qualifications but your
exposure in life that makes
you who you are

Jaggi Vasudev

PICTUREQUOTES.COM

THINKING

**IF YOU DON'T LIKE SOMETHING
CHANGE IT; IF YOU CAN'T
CHANGE IT, CHANGE THE WAY
YOU THINK ABOUT IT.**

- MARY ENGELBREIT



TEAMWORK

IF YOU HAVE BELIEVE THAT YOU WANT TO BE SUCCESSFUL
THEN YOU CAN TALK TO YOUR MIND AND THEN YOUR MIND
WILL CONTROL IF YOU ARE SUCCESSFUL.
ELIUD KIPCHOGE



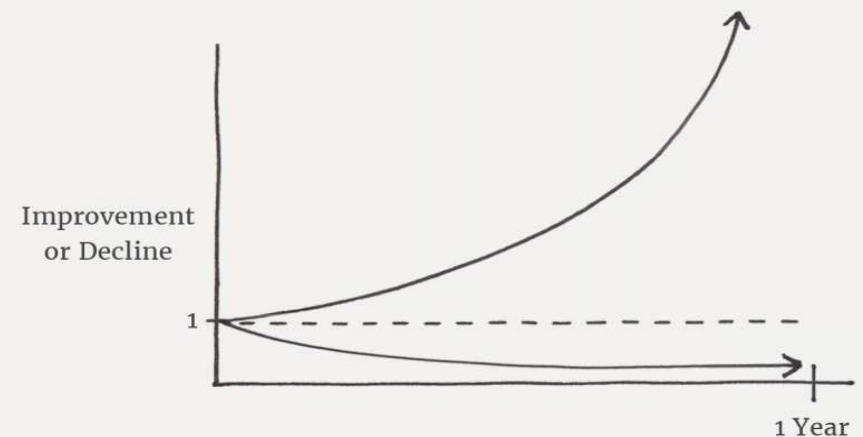
EVOLVE EVERYDAY

Separate yourself from anyone who speaks more of who you were in the past than they do of who you can become in the future. Grow in ways and areas that make you proud of you. Don't allow the fear of disappointing a few to be the reason you never do what's best for you. Do what frees your spirit.

@ROBHILLSR

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$



JamesClear.com

RESILIENCE

3 PRACTICES TO STRENGTHEN RESILIENCE



MANAGE
your personal energy.



SHIFT
your lenses.



FIND
your sense of purpose.



Center for Creative Leadership

Manage your own resistance. “Show up,” give your best, and relinquish attachment to the outcome. Stay in the present.

Take charge of how you think about adversity. Understand your beliefs about the situation and choose your response. Exercise compassion for yourself and others.

Develop a “personal why” that gives your life meaning. This helps you better face setbacks and challenges. Also, look for ways that crisis and adversity may connect to your larger life purpose.

THANK YOU

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