



John is a certified personal development coach focused on habits and performance. As a certified Emotional Intelligence practitioner, ICF PCC coach, and MapsTell DISC facilitator, John has worked with professionals to implement self-discipline through strengths and growth mindset approaches. John also delivers Positive Intelligence training to fortune 500 global organizations in English and Arabic.

The experience gained over two decades as an executive within the trading and manufacturing industries and 14 years in China has allowed him to work with individuals and corporates, supporting them to navigate challenges in business, intercultural communication, and dealing with demanding situations in complex environments using his vast toolkit of coaching models and behavioral psychology. His philosophy is to ensure his clients obtain clarity and "get stuff done."

As an expat in China, he also has first-hand experience in developing resilience in a cross-cultural environment and managing complex personal and business relationships, which allows him to relate and empathize with clients who face similar challenges.

John believes everyone can achieve whatever they set their mind to once they break through their self-constraints and find ways to overcome the obstacles. For him, people can live and work to their greatest potential only when this happens, as it all starts from within. As each person holds incredible potential, when we surpass our self-imposed limitations and navigate our challenges, there's a profound shift. It's this internal journey that empowers us to reach our utmost capabilities, both in personal lives and professional pursuits.

John partners with individuals and teams in global corporations, empowering them to cultivate self-awareness, improve well-being, nurture meaningful connections, and harness strengths for triumph in both personal and professional areas through coaching, mentoring, and facilitating growth programs.

Professional qualifications:

Professional Certified Coach (PCC) – International Coaching Federation (ICF)
Certified Six Seconds Emotional Intelligence Practitioner, Assessor, and Advanced facilitator
EQPC,AC,AF
Neuro-Linguistic Programming (NLP) Practitioner
Mapstell Certified guide & TeamGuide
Leadership & Team Development Certified

Additionally trained in:

PCC Marker Assessment
Transactional Analysis
Positive Intelligence
Cognitive Behavioral Therapy (CBT)
Rational Emotive Behavioral Therapy (REBT)

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