

# Teresa Sun, Senior Consultant, Authentic Business Group CIC

When people begin to recognize who they are and what energizes their lives, they discover that they have the choice to live life differently. These moments of meaningful discovery improve people's happiness, positivity and courageousness. They can change individuals as well as teams, companies and entire communities. I have experienced this transformation myself both on a personal level and in a business environment. As an AB consultant, I hope to leverage my HR professional and coaching experience to help businesses achieve their own flourishing, through authentic transformation.

## My Life Purpose and Values

- My life purpose is 'Building Inner-Strength". When people first ask who they are, finding the answer starts from uncovering their own strengths. When they grow their strengths, they can really start to build the strength from the inside out.
- My top seven VIA Character Strengths are:  
Teamwork, Hope, Spirituality, Honesty, Love, Gratitude & Zest

## Experience

- I have over 20 years of MNC experience in different business sectors background, including hospitality, shipping, logistics and banking. I have worked with entities of all sizes, in job functions including finance, cost-control, technology support, HR advisory and HR business partnerships.
- As a professional coach, I have provided coaching services to charitable organizations and NGOs, as well as to working professionals and corporates.
- I hold a coaching certification from ICA (International Coach Academy)
- I am a certified coach (ACC) in the ICF (International Coaching Federation)
- I am a Gallup Certified Strengths Coach

## Beyond AB

- I enjoy cooking, baking and serving my family, both as a wife and a mother.
- I am also mentor young people to inspire them by my real life sharing.
- Languages: Mandarin (native), English (professional working proficiency)



My unique perspective is a result of my diverse career background.

The combination of HR professional and coaching experience gives me a strong foundation for facilitating transformation, developing professionals and releasing happiness, in my clients' lives and my own.

Clients value my openness and my passion for seeing their talents develop into strengths.

