

T 416.529.9842
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Jean chow
Business Coach & Strategist

Overwhelmed with over thinking? Advice streams in from everyone - well-meaning family and friends, colleagues, or maybe your favourite Aunt. A great coach can help you gain clarity and perspective, generate new ideas, think strategically, and create meaningful choices. I work from a position of neutrality (like Switzerland!) and my role is to be present, actively listening to help you recognize and realize your potential, professionally and personally.

"Creativity is the power to connect the seemingly unconnected."

--William Plomer

We will work together to:

- } articulate and define a vision. What you aim at determines what you see.
- } establish and prioritize short- and long-term goals.
- } develop and strengthen critical and strategic thinking skills.
- } illuminate areas of growth and ways to thrive. Do what is meaningful, not what is expedient.

{background}



Jean is a Super Connector and connects the seemingly unconnected! She teaches "Hacking the Networking Code" at University of Toronto; "Exploring Leadership Skills" at Toronto Metropolitan University; "Advanced Career Management" at Seneca College, and "Intercultural Communications" at George Brown College. Jean's experiential and highly interactive workshops and courses have engaged diverse audiences from around the world.

She holds: Diploma in Business & Accounting from Saskatchewan Polytechnic and Digital Marketing Management Certificate and Marketing-Advanced Certificate from University of Toronto School of Continuing Studies. She has studied at Asian Studies at University of British Columbia.

Her case study, "The Dream Network," 500+ member network of young professionals founded in 2018 by Jean, was published by CENGAGE Canada March 2021 in "Organizational Theory and Design" 4th Ed. by Professor Ann Armstrong, University of Toronto Rotman School of Management, and her co-author, Richard Daft.

Jean has lived and worked in Zambia and Indonesia on international aid projects for Global Affairs and is fluent in Bahasa Indonesia.

Jean is the recipient of the Queen Elizabeth II Diamond Jubilee Medal for her significant contribution in mentoring young entrepreneurs.

Research interests:

The growing importance of networking among inter-generational and newcomer women professionals to the advancement of their careers.

Jean was a member of the Zambian Women's International Squash team, competing in East and Central Africa. She also enjoys running, reading, and rock climbing.

{coaching fees}

Month One} \$600 /month + HST

Three 45-minute sessions scheduled over one month: in person, phone, and/or videoconference.

Renewal} \$550 /month + HST

For month-to-month renewals, three 45-minute sessions over one month: in person, phone and/or videoconference.

Two-hour consecutive session} \$500 one-time + HST

Coaching to address a specific client challenge is available in two-hour blocks.

Speed Coaching} \$100 per 30-minute follow up as required + HST

A 30-minute follow up by phone or videoconference is available upon request.

{Terms and Conditions}

} Total fees are due and paid in full before to the first coaching session of each month by e-transfer and an invoice will be provided. HST #: 752575274RT0001

} Please allow at least 72 hours' notice when re-scheduling or cancelling a session. A \$50 administration fee may apply.

For more info or if you have any questions, please contact Jean Chow:

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