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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 or uncle. Collaborating with an experienced Coach can help you gain clarity and perspective, generate innovative ideas, think strategically, and develop meaningful choices. My role is to be present, actively listening, and helping you to recognize and realize your potential, professionally and personally.

“Perspective is the function of experience.” –Dr. Brené Brown

We will work together to:

- } articulate and define a vision. What you aim at determines what you see.
- } establish and prioritize short-term 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 “Networking: An Intelligent Approach to Levelling Up Your Leadership Skills” and “Hacking the Networking Code” at University of Toronto; “Exploring Leadership Skills” at Toronto Metropolitan University; “Advanced Career Management” at Seneca Polytechnic 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, Digital Marketing Management Certificate and Marketing-Advanced Certificate from University of Toronto School of Continuing Studies. She has also studied Asian Studies at University of British Columbia. Jean’s LinkedIn Profile [here](#).

In April 2018, Jean founded “The Dream Network”, a growing group of 700+ young professionals interested in meeting new people monthly. Her case study about the organic growth of the Dream Network featured in “Organizational Theory and Design” 4th Ed. co-authored by Professor Ann Armstrong, University of Toronto Rotman School of Management, CENGAGE Canada, March 2021.

Jean has lived and worked on international aid projects for Global Affairs in Lusaka, Zambia and Ujung Pandang, South Sulawesi, Indonesia and is fluent in Bahasa Indonesia. She is the recipient of the Queen Elizabeth II Diamond Jubilee Medal for her significant contribution in mentoring young entrepreneurs.

Research interests:

She cares deeply about the growing importance of networking and helping to bridge the inter-generational and intercultural gaps for young adults and newcomer professionals.

Jean is a former member of the Zambian Women's International Squash team. She has competed in tournaments throughout East and Central Africa, Canada, and Asia. She also enjoys running, reading, and rock climbing and is working on her memoir essay collection and a field guide on professional networking.

{coaching fees}

Month One} \$700 /month + HST

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

Renewal} \$630 /month + HST

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

One Two-hour session} \$600 one-time + HST

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

Follow-up - Speed Coaching} \$125 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 prior to the start of the first coaching session. No retainer is required. Payments accepted by e-transfer.

} Please allow at least 48 hours' notice when re-scheduling or cancelling a session. A \$75 administration fee may apply.

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

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