



# TINA DANG

Leadership & Wellbeing Transformation Coach  
• Executive Coaching • Youth & Leadership Mentor  
• Facilitator of Inner Growth

*"Guiding leaders and learners to  
align clarity with compassion"*

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Languages: English & Vietnamese



# MY APPROACH

## HARMONY OF COACHING, MENTORING & TRAINING

I create a reflective space where methods blend naturally — allowing what serves the client best to emerge. Transformation then unfolds with clarity, awareness, and inner steadiness.



# CLIENTS & JOURNEYS I SUPPORT

For those ready to grow — from awareness to authentic action.



**Students &  
Emerging Adults**

University and postgraduate students exploring their path — often facing questions about direction, confidence, and purpose to seek clarity in choices, steadiness in emotions, and courage to grow into who they are becoming.

**Outcome: Build clarity, confidence, and emotional steadiness for life purpose and career growth.**



**Young & Mid-Level  
Professionals**

Early-career professionals and first-time managers navigating uncertainty, work stress, or transitions in career and relationships.

They wish to align ambition with wellbeing, and lead with empathy and confidence.

**Outcome: Enhance focus, empathy, and emotional balance for mindful growth.**



**Executive & Entrepreneur**

Leaders and founders facing growth, pressure, or uncertainty — juggling people, performance, and purpose.

They seek clarity, steadiness, and a way to lead with both strength and calm.

**Outcome: Lead with clarity, calm, and authentic resilience.**

# Signature PROJECTS

Supporting the next generation in building clarity,  
confidence, and emotional balance.



## 1.STUDENTS & EMERGING ADULTS

### Project 01: Student Mentoring Program – HCMC University of Technology

**Partner:** Ho Chi Minh City University of Technology (HCMUT)  
**Participants:** 60–100 senior-year students annually

**Focus:** Mentor & empowering students to gain clarity in direction, strengthen emotional intelligence, build confidence, and explore their inner potential.

#### Approach & Results:

1. Through mentoring, reflective practice, and emotional awareness work, students learned to observe their mindset, balance ego and collaboration, and communicate authentically.
2. Many discovered their values and career purpose, transitioning into roles aligned with their strengths and aspirations.

# *Signature* **PROJECTS**

Supporting the next generation in building clarity,  
confidence, and emotional balance.



**STUDENTS & EMERGING ADULTS**

## **Project 02:** **International EQ Network Leader –** **6Seconds Global Collaboration**

**Partner:** 6Seconds Global EQ (present in 160+ countries)

**Format:** Community workshops and reflective circles

**Focus:** Bringing emotional intelligence into real life — helping young people manage emotions, restore motivation, explore their inner potential, and reconnect with purpose.

### **Approach & Results:**

1. Through interactive global EQ sessions, participants practiced energy awareness, reframing thoughts, and sustainable optimism.
2. They felt seen, connected, and supported — taking mindful steps toward balance, trust, and authentic confidence in daily life.

## **Project 03: Leadership Communications & Transformation – AIA Hochiminh 6**



**Partner:** AIA Vietnam – General Agency HCM6

**Participants:** Frontline Managers & Business

Leaders in Life Insurance

**Format:** Leadership coaching series and communication workshops

**Focus:** Developing leadership from the inside out – helping managers communicate authentically with clients, inspire their teams, and balance emotional awareness with business performance.

### **Approach & Results:**

1. Through leadership coaching and reflective dialogue, managers deepened self-awareness, strengthened emotional regulation, and built authentic trust with clients and teams.
2. They clarified their unique leadership identity, resolved inner conflicts, and led with steadiness and empathy.
3. Several advanced in their careers – including one promoted to General Agency Director – demonstrating growth in clarity, calm, and influence.



## **Project 04: Emotional Intelligence & Team Harmony – Shilla Monogram Danang**



**Partner:** Shilla Hotel Danang (4-star hospitality group)

Participants: Department Heads and Senior Leaders

**Format:** Leadership coaching and emotional intelligence training

**Focus:**

Supporting mid-level leaders to manage emotions, reduce internal tension, and cultivate empathy – building a collaborative and emotionally intelligent culture for excellent guest service.

**Approach & Results:**

1. Through interactive coaching and reflection, leaders learned to observe emotions, communicate openly, and respond with understanding instead of reactivity.
2. Participants developed greater mutual respect and connection, leading to stronger internal harmony and collective focus on guest satisfaction.
3. The program strengthened team relationships and created a more trusting, supportive working environment.





## Project 05: Leadership Brain Profiling & Executive Coaching – DSG Vietnam

**LEADERS &  
ENTREPRENEUR**

**Partner:** DSG Vietnam – Exclusive Distributor of Kodak & Panasonic Scanner Solutions

**Participants:** Department Directors and Senior Managers reporting to the CEO

Format: Brain profiling assessment and executive coaching series

**Focus:** Enhancing leadership self-awareness and alignment to organizational vision – supporting the CEO in building a cohesive leadership structure for the company's new strategic goals.

### Approach & Results:

1. Conducted brain-based assessments and coaching conversations to help directors clarify their vision, strengths, and growth priorities.
2. Facilitated executive reflection that enabled the CEO to realign leadership roles, optimize collaboration, and strengthen trust across the management team.
3. Outcome: A refreshed organizational structure and a leadership team more confident and aligned for the company's next growth phase.



## Project 06: Leadership Alignment & Communication – TAG Elevator Group

**LEADERS &  
ENTREPRENEUR**

**Partner:** TAG Elevator Group (Vietnam Headquarters)

**Participants:** Department Heads and Mid-Level Leaders

**Format:** Leadership coaching, mentoring, and one-day facilitation program

**Focus:** Realigning the leadership team with the CEO's new vision and core values — transforming internal conflict into shared understanding and collaboration.

### Approach & Results:

1. Conducted coaching and facilitated dialogues to clarify direction, reconnect leaders with organizational values, and build mutual trust.
2. Delivered an intensive listening and empathy workshop to enhance communication between leaders and the CEO.
3. Post-program, leaders reported better alignment, reduced tension, and improved collaboration — with a significant drop in resignation intentions.



## Project 07: Executive & Leadership Coaching – Mekong Capital

**LEADERS &  
ENTREPRENEUR**

**Partner:** Mekong Capital (Private Equity Investment Fund)

**Participants:** Partners, Directors, and Deal Managers

**Format:** 1:1 Executive Coaching and Leadership Reflection Series

### **Focus:**

Supporting leaders to manage themselves, their teams, and their relationships with investee company executives — fostering trust, alignment, and effectiveness in achieving shared business goals.

### **Approach & Results:**

1. Through individual coaching and reflective dialogue, participants explored their leadership patterns, emotional triggers, and relational dynamics with external executives.
2. They gained greater self-awareness, adjusted their leadership approach, and improved collaboration both within the fund and across portfolio companies.
3. The process strengthened leadership presence and partnership quality, aligning teams toward shared vision and sustainable growth.



# CONTRIBUTING TO THE COACHING PROFESSION

Mentoring and developing coaches to grow in competency and integrity.

- **Serving as Facilitator & Trainer for professional coaches to deepen ICF Core Competencies and embody the Code of Ethics.**
- **Designing reflective learning spaces to strengthen coaches' inner capacity, presence, and self-awareness.**
- **Supporting the coaching community to cultivate both skill and soul — creating ripples of conscious leadership.**

# HARMONY IN PRACTICE

- My work supports individuals and leaders to cultivate clarity, emotional steadiness, and harmony — within themselves and their ecosystems.
- Through coaching, mentoring, and mindful dialogue, I help clients build resilience that sustains growth across personal and professional life.
- This aligns deeply with Atmadhruti's vision to empower people toward balance, purpose, and sustainable wellbeing.



Empowering awareness,  
resilience, and connection.



**Tina Dang**


Coach | Trainer | Mentor  
Facilitator





# EDUCATION

## Foundation



**2003–2008**

**Bachelor of External Trade  
Foreign Trade University, Vietnam**

Built strategic and analytical thinking for  
business and global market understanding.



**2011 – 2014**

**Bachelor of Chinese Linguistics  
University of Social Sciences & Humanities, Vietnam National University**

Cultivated cultural depth, empathy, and reflective observation — foundations for  
mindful communication.



# EDUCATION

## Professional Formation

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- **ICF Professional Certified Coach (PCC)**
  - **Executive Coaching Certification** (CEC, USA – ICF Level 2)
  - **Life Transformation Certification** (LCV, Vietnam, ICF Level 2)
  - **Emotional Intelligence Practitioner** – Six Seconds Global Network
  - **Brain Profiler** – Six Seconds Global Network
  - **Positive Intelligence (PQ) Practice & Inner Game Approach**
  - **Facilitator & Mentor Coach** – supporting coaches to deepen ICF Core Competencies and ethical integrity.

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# THANKS FOR WATCHING

Clarity Inside • Brilliance Outside

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