



JOSEPHINE PL ONG

DIRECTOR/TRAINER/COACH

PROFESSIONAL QUALIFICATIONS

MBus(Curtin) BSc(NUS) PGDE(NIE/NTU) GDM(MIS) GDTD(SHRI)
PGCert(Exercise and Nutrition Science)(Chester/Liverpool, UK)
Certified Behavioural Consultant and Facilitator (DISC)
Master Practitioner in Solution-Focused Brief Therapy (SFBT)
Instructor (Phi Theta Kappa Leadership Development Studies Programme)
Certified Aerobics and Fitness Leader (Singapore Sports Council)
Certified Image and Etiquette Consultant (First Impressions International)
Certified Life Purpose Coach (Transformation Academy)
Certified Group Life Coaching (Transformation Academy)
Life Coaching Certification (Cert No. F70QHGDV) (New Skills Academy)
Certified WSQ Implementing Design Thinking
Certified Planning and Implementing OJT (ITE)
Certified Trainer in 7 Habits of Highly Effective Teens (Franklin Covey/ITE)
MOE IRS Approved Instructor (Enrichment Programmes)
Grassroots Member (BTCC-C2E)
PA Trainer (Life Skills)

PROFILE

Josephine has had more than 27 years of private and public work experiences. Realising her need for career flexibility and dynamism, and as a full-time working mother, Josephine decided that it was the right time to start living her dream - enjoying both success and significance in her life.

Following the painful loss of her late twin son, Dylan and an unforeseen breast cancer scare, Josephine applies realistic and practical strategies, as well as effectively shares real-life stories of success with her customers.

R&D Education and Training Services was started in 2009 for that purpose - allowing people to see themselves in a positive light, building on their unique strengths and competencies while coping with day-to-day challenges at different life stages.

Josephine is trained in Solution-Focused Brief Therapy and brings about Coaching with C.A.R.E. (client, action, relationships and empathy) in her approaches with all her customers. She strongly believes in bringing out the best in everyone she meets.

CONTACT

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COMPANY:

R&D Education and Training Services

PUBLICATIONS

