SARAH

MILLSON

SENIOR CONSULTANT

A BIT ABOUT ME

I'm an enthusiastic facilitator and trainer specialising in developing individuals and teams across industries

including finance and media through long-lasting and powerful learning experiences. I've facilitated sales

transformation, leadership development, negotiation and communication skills training, and have experience in

corporate role play.

**MY VALUES**

People are my passion: learning from them, empowering them, developing them. I believe we each have the power

to change ourselves and the world around us, we just need

to be shown the tools to unlock our potential.

**I ' VE WORKED WITH...**

HSBC DBS

BNP Paribas PayMe

AXA UBS

BFAM

Cartier



# POSITION

**SENIOR CONSULTANT**

CORE SKILLS

**NEGOTIATION SKILLS**

**COMMUNICATION SKILLS SALES TRANSFORMATION**

**LEADERSHIP DEVELOPMENT CULTURE CHANGE**

**SOCIAL TRANSFORMATION**

# BACKGROUND

Sharing knowledge and information has always been a driving factor in my life, prompting me to embark on a 20-year career in journalism, first in the

United Kingdom and later in Hong Kong. Editorial management and training became a core element of my two decades in journalism, during which I

designed and delivered newsroom upskilling. I also lectured in the subject at Hong Kong Baptist University.

In recent years, my focus moved towards Learning and Development which led me to Actualize. I love the unique way in which we deliver powerful

programs that have a lasting impact on organisations. I have extensive

experience in sales and negotiation training as well as communication skills and wellbeing programs. I am proficient in delivering both virtual and face- to-face programs.

# QUALIFICATIONS & CERTIFICATIONS

Advanced Credit Negotiation Skills (ACNS) Accredited Facilitator Heartstyles Life Indicator Accredited Facilitator & Coach

NLP Coach and Practitioner

Time Line Therapy® Practitioner

Pre-entry Newspaper Journalism (National Council for the Training of Journalists)

Teaching English as a Foreign Language (TEFL)

International Certified Personal Trainer (National Academy of Sports Medicine)

# LANGUAGES

English

# WILLING TO TRAVEL

Yes