



CATH CHAN

CONFIDENCE COACH |
CONSULTANT | SPEAKER



*EMPOWERING CONFIDENCE,
BUILDING COURAGE,
CELEBRATING YOU.*

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ABOUT CATH

**9-STEP CONFIDENCE FRAMEWORK | INSIDE OUT CONFIDENCE,
OUTSIDE IN PRESENCE | OVERCOMING SELF-DOUBT & FEAR |
EMBRACING UNIQUENESS & INNER IDENTITY | MOTIVATION**

Cath empowers professionals, executives, especially women, to overcome self-doubt, rediscover their strengths, and build unshakable confidence. Using her 9-Step Confidence Framework, she has guided countless individuals to personal and professional breakthroughs..

Her own journey from low self-esteem to unshakable confidence fuels my passion. **With 30+ years of combined experience** in corporate branding, communication, image training and consulting, and coaching, **she brings a unique blend of expertise in personal identity, influence, and presence.**

Her talks combine **relatable stories, actionable strategies, and transformative insights.**

She has **spoken for global brands** like Microsoft, Zeiss, and (Marina Bay) Sands both **locally and overseas.** She has also been **featured in 938LIVE, Singapore Business Review, The Straits Times and The Business Times,** sharing insights on confidence and personal empowerment.

A photograph of two women sitting on a light-colored sofa. The woman on the left, with short dark hair and wearing a grey blazer, is smiling and showing a piece of red fabric to the woman on the right. The woman on the right, with long dark hair and wearing a white sleeveless top, is also smiling and looking at the fabric. The background is a plain, light-colored wall.

I. PROFESSIONAL IMAGE & PRESENCE WORKSHOPS

COLOURS

When your colours align, your confidence shines and your credibility strengthens.

- Colour Analysis
- Colour Contrast
- Colour Matching
- Psychology of Colours
- Colour Personality





DRESSING

Professional dressing signals competence and intent, elevating both interactions and performance.

- Dress Code & Work Wardrobe Alignment
- The Power of Fit
- Dress For Your Shape
- Dressing Personality
- Styling
- Accessorising

PROFESSIONAL PRESENCE

Command respect
and strengthen
influencing power
with your presence

- Greetings and Introduction
- Body Language
- Poise and Posture
- Your Confident Voice
- Virtual Meeting Presence

ETIQUETTE

Navigate business interaction and etiquette with confidence to building meaningful client connections.

- Business Etiquette
- Western Dining Etiquette
- Business Entertainment
- Social Etiquette
- Networking Conversations





Our Image Consultation Booth at ST Jobs Fair

PAST ENGAGEMENTS



With 12+ years of experience, Cath has empowered audiences ranging from emerging talent to top-level executives and public leaders.





She has also advised emerging leaders, middle managers, and C-suite executives on elevating their professional image and presence.

II. CONFIDENCE & IDENTITY TALKS



T.U.R.B.O. CHARGE YOUR CAREER WITH CONFIDENCE

In fast-paced, high-pressure workplaces, it's easy to lose confidence and play small. This empowering talk introduces the T.U.R.B.O.™ framework—a powerful mindset shift designed to help professionals overcome self-doubt, embrace their uniqueness, and reignite their belief in what's possible. Because lasting success doesn't come from fitting in—it comes from standing out with courage, connection, and inner conviction.

Understand

what sets you apart and communicate your value with clarity and confidence.

Learn

how to break free from self-doubt, limiting beliefs, and build unshakable self-leadership.

Discover

the ways to cultivate relationships, resilience, and the courage to keep moving forward.



THE H.U.M.A.N. BEHIND THE POWER: LEADING WITH CONFIDENCE, COURAGE & AUTHENTICITY

Behind every powerful title is a person—with doubts, fears, and a story. In today's fast-paced, high-performance world, confidence often becomes a performance in itself. This talk invites leaders and professionals to reconnect with who they are beyond the role, challenge imposter narratives, and lead with real courage and presence. Using the H.U.M.A.N.™ framework, this session is a call to lead whole—not perfect.



Understand

how self-doubt, performance pressure, and masks affect leadership confidence

Learn

the H.U.M.A.N.™ framework to reconnect with your true self and lead from within

Create

cultures of courage where leaders show up real—and others feel safe to do the same

HOW TO W.O.W. YOUR WAY TO WHAT'S NEXT

What if confidence wasn't something you had—but something you choose? Whether facing a career transition, life pivot, or leadership leap, this transformative talk helps individuals tap into their inner voice, own their value, and walk boldly into the unknown. Based on the W.O.W.™ Method—Wake Up, Own It, Walk Bold—this session offers a roadmap to lead life from a place of courage, not fear.



Understand

and be aware of the inner narrative shaping your choices and identity.

Learn

how to own your story, strengths, and scars with grounded confidence.

Discover

how to walk bold into change, uncertainty, or reinvention with practical strategies.

Every audience is different. We're happy to tailor each talk to align with your audience's needs and your event's objectives—for maximum relevance and impact.



CUSTOMISED TOPICS



TARGET AUDIENCE

- PMETs Pursuing Professional Growth
- Youths and Fresh Graduates
- High-Functioning Women
- Women In Career Transitions
- Women Returning to Work
- Women In Male-Dominated Industries

WHAT THEY WILL GAIN



- Boost credibility through polished professional presence
- Project confidence through posture, voice, and body language
- Leave lasting impressions in every setting
- Increase self-awareness and personal impact
- Strengthen self-worth and inner resilience

- 1 Keynotes
- 2 Panel Discussions
- 3 Talks, Workshops
- 4 Breakout Sessions
- 5 Group Coaching



SPEAKING FORMATS

PAST ENGAGEMENTS



and more...

TESTIMONIALS

I would like to commend you on your knack of making the training very personable and actionable to each member of the team regardless of their competency and confidence levels.

LP Kwang, Director, Microsoft Singapore

I really liked her content! It's very helpful and I felt it went beyond just surface stuff into what truly matters about a person.

CLEO Career Lab Participant

Know her stuff. Well-prepared and approachable. She will go the extra mile to share information beyond the course content.

Eileen Tay, Sales Manager, Hawk Singapore



Tonight's session reminded me the importance of not being stuck and passive, but to face those fears and take it as part for the growing process. The speech is, in my opinion, a ★★★★★ speech. Clear and to the point—delivered the message simply and concisely.

Ethan Lit

Excellent and inspiring talk, remind me to move forward. It was both powerful and deeply resonant. The clarity you brought to reframing career transitions and owning our stories truly struck a chord with me. The confidence ideas shared are especially impactful.

Key Teck Kee

The session was very useful and practical. Your delivery of the presentation was easy to understand, clear and professional.

Eunice Goh, Human Resources Director, UPS



MEDIA FEATURE



THE BUSINESS TIMES



CONTACT US

Let's inspire and transform together! Contact me today to book your next event.



E-mail contact@cathchan.com

Website www.cathchan.com

Social  [linkedin.com/in/confidentuniquelyme](https://www.linkedin.com/in/confidentuniquelyme)

 [instagram.com/confidentuniquelyme](https://www.instagram.com/confidentuniquelyme)

 [youtube.com/@confidentuniquelyme](https://www.youtube.com/@confidentuniquelyme)