



CONTACT

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 Klang, Selangor, Malaysia

SKILL

- Coaching
- Public Speaking
- Strategize Growth
- Content Creator
- Problem Solving

LANGUAGE

- English 
- Mandarin 
- Bahasa 

PAGGIE CHOW

HABIT FITNESS COACH

Paggie is the habit fitness coach who support clients to achieve personal and professional goals within designated time frame. Paggie is experienced in serving clients through effective coaching and is very knowledgeable about building consistent habits and mindfully breaking habits with powerful coaching conversation.

SPECIALISED AREA

Time Management

- support on identifying opportunity and boundaries
- balance between roles and duty

Personal Development

- support to make mindful choices easily
- call forth the best you within

COACHING GOAL

THE HABITS CLUB

- Alignment of Body, Mind and Soul with 100 business owners and corporate leaders by Year 2027

PROJECT OYASUMI

- Elevate 100 Malaysian sleep quality with mindfulness by Year 2027