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# CREDENTIALS

Certified Trainer (HRDF)

Certified Integrative Nutrition Health Coach (Institute of Integrative Nutrition – U.S.A.)

Certified NLP Coach

Certified NLP Practitioner

Certified NLP Master

Certified Reiki Master

Certified Professional DISC Facilitator

Certified Virtual LearnCaster (VLC)

# CERTIFICATIONS



**靈氣** **CERTIFICATE OF TRAINING**  
 USUI SHIKI RYOHO - SHINPIDEN

**ANGELA EIMER**  
 Having satisfactorily completed the requisite course of study and demonstrated comprehension of its principles and practices, have been empowered to and hereby is conferred the title of  
**USUI REIKI MASTER / SHINPIDEN**

*With all rights, privileges and responsibilities thereto appertaining, granted this 1<sup>st</sup> day of March, 2021*

Lineage: **Reg. No. R-1/Mal/32/003**  
 Dr Mikao Usui, Japan  
 Venerable Takeuchi, Japan  
 Dzsong Rimponche, Tibet  
 Maitreya Rudrabhayananda  
**Reiki Master Teacher**  
 Universal Centre for Spiritual Research and Development  
 122 Dhruva Apartments Plot No.4, I.P. Extension, Delhi-110092, India

# SELECTION OF SPEAKER GIGS



**Asia HR Woman Club**  
THE EXCLUSIVE WOMAN'S ASIAN HRM NETWORK



WESLEY METHODIST SCHOOL  
KUALA LUMPUR

**9<sup>th</sup> ISNA**  
CONFERENCE  
International School Nurses  
of Asia Conference

*Meeting the Challenges of Adolescent  
Mental Health in the 21st Century*

METTLER TOLEDO

More speaker gigs available

# CORPORATE TRAINING/TALKS ENGAGEMENTS



**NOKIA**

# KEY PROGRAMS

## Emotional Intelligence Infused Mindfulness Training

2 Combined Superpowers for Emotional Balance Resulting in Increased Productivity

Exploring mindfulness to sharpen focus and attain tranquility & productivity. With hands-on exercises and insights, uncover tools for the personal life and corporate sphere, promoting heightened awareness in our evolving world resulting in increased efficiency.

## 12 Laws of the Universe

Mastering life's secretive skills, harnessing the 12 Laws of the Universe for balance, productivity, prosperity, and fulfilment.

## Easier & Better Parenting with Habits & Routines

Helping parents understand the importance & benefit of, and teaching them tools for, establishing Habits & Routines for kids' better wellbeing, and behaviour, to the benefit of the family & extended community.

## International Cultural Diversity Embracement

(Currently under construction)

Equipping participants with the knowledge, skills, and strategies to navigate, appreciate, and effectively blend diverse cultures in an international business environment, fostering inclusivity, collaboration, and success.



## SuperChampKids' "DreamCatcher" & "D.A.R.E"

(Youth Programs only)

Every child has the stuff to become a Champion.  
Showing kids that they can go BEYOND what  
THEY believe they can do.

# COACH, SPEAKER & UPCOMING TRAINER: ANGELA EIMER

I work with adults (AND kids) to plant the seeds for Good Habits so they learn how to develop, and maintain healthy & well-balanced lifestyles, with reduced stress, and subsequently increase efficiency & productivity

German-born, I originally specialised in Public Relations in Germany and France during my UNI years, I have spent the last 25 years in Malaysia training, coaching and mentoring people in various sectors, from Event Management (i.e. XVII<sup>th</sup> Commonwealth Games in Kuala Lumpur - 1998) to Architectural Lighting Design, Oil & Gas, and Education.

In 2017 I decided to turn the page and studied to become a certified Integrative Nutrition Health Coach at the Institute for Integrative Nutrition (IIN), based in the USA. I have since further specialised and am now known as a Habit Builder, creating habit strategies for better health and wellness for my clients, with an accentuation on stress reduction and productivity increase for my corporate environment.

As a certified Integrative Nutrition Health Coach, a Wellness Habit Strategy Coach as well as NLP certified, and also a Reiki practitioner, I advocate for and apply a holistic approach in my process of guiding individuals, groups and corporate teams towards actualizing their full potential.

My Western upbringing, combined with long-term assimilation and understanding of Asian values give me a unique perspective for not only understanding my clients better but also ensuring their success as a result.

My personal life-journey, being a TCK (Third Culture Kid) as I grew up in Pakistan, India & Bangladesh, spent 10 years living, studying, and working in France, the adaption and integration to the diverse cultures and ethnic values and beliefs, have allowed me to call "home" each and every of the countries and its people, making me a sort of "Weltbürger" (citizen of the world), which expelled me to share my personally experienced life-adeptness, plus my gained knowledge, in regards to Mindfulness, EI, and Cultural Diversity integration.

I firmly believe that we are always only one strategy away from having that joyful relationships, balanced life (of which work is taking quite a considerable part), productive communication, confident professionalism, overall wellbeing - mentally and physically, and optimistic attitude fuelled by self-belief that is the foundation to creating positive change.

I have coached clients towards creating their own "new" strategies that enable them to achieve their goals and ambitions. Each "changed" client has a positive ripple effect on his/her community, immediate, and on a larger scale...bringing change to the entire community. One tiny step at a time.

I am now stepping into trainer shoes to directly impact more lives than I feel I can through only personal coaching.