



Switzerland: Christina Yap

Location: Zurich
Nationality: British
Languages: English / French / Chinese / conversational German and Malay



Christina offers a unique combination of skills and experience as an executive coach and trainer, wellbeing leader and award-winning corporate advisor. She is also a motivational speaker and author. She spoke recently at The International Film and Peace Festival. Her work has been published in Forbes and for PwC. She writes regularly for Thrive Global and the United Nations.

Christina's clients value her corporate background, diverse global experience and holistic approach. As a management consultant and lawyer in the world's largest professional services firms for over two decades, she worked with clients from multiple industries. This enables her to understand the challenges faced by leaders and executives.

Born in Malaysia, educated in the UK, the US and India, she has lived in Switzerland since 2011. Her experience living, working and travelling in various countries has shaped her agile, innovative and cross-cultural mindset. This enables her to connect easily with clients from diverse backgrounds. She is passionate about health and is Vice Chair of Yoga Therapy Initiative of the Global Wellness Institute. Integrating Western perspectives and Eastern philosophy, she shares wellbeing strategies to help executives steer through challenging times.

Her aim is to help executives tap into their agility to adapt to change, their creativity to inspire others, and their energy to grow through challenges. She is dynamic, engaging and energetic. She brings these qualities – and some fun – into her interactive workshops and sessions.

Sector experience includes:

- Agricultural
- Construction
- Electronics
- Financial services
- Food
- FMCGs
- Healthcare
- Manufacturing
- NGOs
- Pharmaceuticals and biotechnology
- Professional services
- IT / technology

Specialisms include:

- Communication, facilitation and presentation skills
- Culture and change management
- Diversity, equality and inclusion
- Employee benefits
- Health and wellbeing
- HR strategy
- Personal branding and development
- Talent and performance management
- Training and development

Qualifications include:

- Solicitor (Law Society of England and Wales)
- Masters in Human Resources
- PRINCE2
- Health coach
- ISO 9001 quality management
- Social Accountability 8000
- Transformational coaching (accredited by the ICF)
- Yoga instructor
- Yoga therapist