

Trainer's Profile – Adrian Toh

Certifications

- DISC Master Certified Trainer
- Certified Thomas Kilmann Conflict Mode Consultant
- Certified Process Facilitator
- Certified Friday Night at the ER® Facilitator
- Certified MBTI®, DISC, Extended-DISC®, Enneagram, and EQ Consultant
- Certified NLP Trainer & NLP Coach Trainer with American Board of NLP
- Certified Time Line Therapy Trainer by Time Line Therapy Association
- Certified Hypnotherapist by National Guild of Hypnotists
- ACTA Certified



Adrian specializes in leadership, team development and coaching. The workshops conducted are interactive, fun, simple and practical with opportunities for reflective learning on the knowledge gained.

Adrian spent countless years in the military as a Lieutenant-Colonel, working alongside army personnel from all walks of life, helping them through tough times and coaching them to do their best every day.

Along the way, he became fascinated with how the right words coupled with the right examples spoken in the right manner could help his soldiers overcome challenges, resolve team conflicts and allow them to perform at their very best. This started Adrian on a journey to discover how he could bring the best out of the people he interacted with.

Adrian dived head-first into leadership development, coaching and human potential - learning Neuro-linguistic Programming (NLP), Hypnosis, Time Line Therapy (the art of releasing past hurts and memories), Emotional Quotient Coaching and more from some of the world's best teachers and practitioners.

For the past 7 years, Adrian assisted organizations (Examples: GlaxoSmithKline (GSK), UOB, Rodhe & Schwarz, Chem Trend, Tiong Aik Corp, Prudential, Aviva, SAF, Home Team Academy, MFA, MTI, NHB, NLB etc.) and individuals achieve their goals through training, facilitation and coaching. He believes that everyone has great potential within and he aims to help the organization / leader / individual unleash that potential.

Education

- Graduate Diploma in Applied Positive Psychology and Mindfulness, Sep 2021
- Graduate Diploma in Defence Technology and Systems, NUS, 2003
- Bachelor's Degree in mechanical engineering, NTU 1995