



Han Ee Lim

Calming and level-headed in the face of a challenge

Overview

Drawing on 20 years of leadership experience in high-stakes military, sports and business environments, Han Ee uses the language of sports and performance psychology to enhance leadership and team effectiveness in organisations.

His core coaching capabilities have helped his clients in leadership roles to sharpen their ability to stay composed under pressure (e.g., meeting sales targets), galvanize a team under complex situations (e.g., business transformation), and bounce back from setbacks (e.g., startups). Han Ee also specialises in coaching teams. Harnessing insights from his past experience in numerous “search and rescue” military operations and helping sport teams overcome “choking” moments, he now supports project and business teams to shift from a dysfunctional culture to a high-performance culture.

Location

Singapore

Languages

English-Mandarin
(bi-lingual)

Specialties

Coaching teams, leadership and team effectiveness, high-performance culture development.

Clients

Han Ee works with clients worldwide in a wide range of industries, including engineering, financial services, hospitality, logistics, media, professional services and telecoms.

Training & Qualifications

- PCC, Professional Certified Coach (International Coaching Federation)
- CALC, Certified Action Learning Coach (World Institute of Action Learning)
- CAP, Certified Agility Profile® Coach & Trainer (agil'OA)
- EQ-i 2.0 Certified Practitioner (Multi-Health Systems)
- Teacher Development Intensive (Mindfulness-Based Stress Reduction / MBSR)
- Practicum in Mindfulness-Based Stress Reduction (MBSR)
- Masters in Sports & Performance Psychology (John F. Kennedy University, USA)
- Bachelor of Applied Science - Electrical Engineering (Queen's University, Canada)