

# Rosie Yeung, CPA, CA, CHRL

## The Un-Executive Coach™ for Racialized Women Professionals

Rosie is a Chinese-Canadian trauma-informed Positive Intelligence Coach, helping racialized women **tame their triggers, calm their stress**, and **use their power**. She specializes in 1:1 and small group coaching for Asian diaspora women who feel conflicted between professional success, family/cultural values, and personal identity.



## SPECIAL KEYNOTE FOR ASIAN HERITAGE MONTH 2023

### A TALE OF TWO MINDS: ASIAN AUTHENTICITY, ACCEPTANCE, AND ASSIMILATION

What does belonging feel like? How do you know if you belong?

As members of two (or more) very difficult cultures (Canada and your family of origin), how do you find safety and belonging in both?

The answer, if there is one, is challenging. Because to find belonging, we need to find our identity. And to find our identity, we need to find our authenticity, which may mean losing our acceptability. The loss of either authenticity or acceptance can be traumatizing.

Unfortunately, the psychological impacts of exclusion and discrimination are not readily discussed within DEI, corporate Canada, or traditional Asian families.

So that's what we'll do in this open conversation. Rosie Yeung, a trauma-informed Positive Intelligence Coach and former business executive, will share her attempts to belong through perfectionism and performance; her struggle with authenticity and acceptance as a Chinese-Canadian immigrant woman; and how she found peace and freedom from these tensions (and you can too!)

In this interactive talk and Q&A, you'll get a better understanding of:

1. The neurological impacts of exclusion and systemic inequity
2. The trauma of shame: intersections with race and gender
3. Holistic mental wellness: integration with DEI and employee health



# Changing Lenses

diversify your perspectives

## PRESENTATION OPTIONS

### OPTION A

- Virtual Interactive Keynote
- No customization
- 45 to 60 minutes including Q&A
- Recording and replay permitted

### OPTION B

- Virtual Interactive Keynote
- Customized to employees' needs and interests
- 60 to 90 minutes including Q&A
- Recording and replay permitted

### OPTION C

- In-Person Interactive Keynote
- Customized to employees' needs and interests
- 60 to 90 minutes including Q&A
- Recording and replay permitted

For more info, please email  
[hello@changinglenses.ca](mailto:hello@changinglenses.ca)

## CLIENT FEEDBACK

"Rosie provided a thoughtful and powerful talk about the importance of recognizing the Asian and Pacific Islander experience in the workplace. She delivered insights and advice with grace and respect, and many of our Asian team members related and resonated to the experiences she shared. I would thoroughly recommend her services to anyone looking to gain a deeper perspective on race and biases in the workplace."

*Meredith Ochler, Couchbase*

"Speaking to an audience of social scientists and military members, Rosie was one of our external expert panelists, providing a respectful, yet challenging voice to what can often be a sensitive discussion topic. Her contributions were insightful and provocative, and her participation was a key element to making the roundtable a successful event."

*Neil Carson, Canadian Department of National Defence*

QUESTIONS? CURIOUS?  
WE'D LOVE TO CHAT!



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