



PROFILE

I am a Co-Active® life coach, yoga and meditation teacher, akashic record facilitator, and mindfulness practitioner. My mission is to empower women to uncover their light and live their most joyful, fulfilling, authentic, and purpose-filled lives.

After graduating magna cum laude from Cornell University, I excelled in a career of business and fashion in New York and Hong Kong. Yet despite a stimulating and rewarding career, I still yearned for a deeper sense of fulfillment. On the surface, I had everything going for me, yet deep down, I was constantly stressed, anxious, and searching for happiness.

Over the years, I started to connect deeper with my yoga and mindfulness practice, I discovered the power of personal growth, and I delved into my own healing journey to let go of deep-rooted fears and self-limiting beliefs in order to step into my authentic power. One day in a meditation, my life purpose statement just came to me "to be my brightest self and to help others stand in their light." That was the catalyst that kickstarted my new chapter as a holistic life-coach and inspired me to fully live into my passion and purpose.

Using the tools of life coaching, mindfulness, and energy healing, I guide you towards growth and transformation through awareness, deep-enquiry and self-discovery.

As a life coach, I am caring, empathetic, insightful, and non-judgmental, creating a safe-space for honesty and self-exploration.

As a sacred facilitator, I help people reconnect with their soul's truth; creating an experience that is insightful, grounding, and deeply empowering.

Janith Chang

Life Coach & Mindfulness Practitioner

RECENT EXPERIENCE

Holistic life coach & yoga teacher (2020-present)

I offer holistic life coaching, supporting women to connect with their truest selves and live a life that is heart-led, spirit-guided, and soul-aligned.

lululemon, Hong Kong (2016-2019)

As a Talent Manager, I was part of the team responsible for talent acquisition at lululemon during a time of exponential personnel growth. I introduced innovation and new best practices by spearheading Greater China's online-to-offline recruitment strategy and rolling out large-scale employer branding experiential events. I later fulfilled my vision & goals and was offered a new position to transition to my dream team. As Brand & Community Manager, I managed all Community marketing for lululemon HK's 6 stores, including events, ambassador programming, partnerships, community classes, product testing strategy, campaign rollouts, and new store openings.

SW., Hong Kong (2015-2016)

Planned and developed two start-up businesses concurrently, alongside the founder. I strategised and built both businesses to be ready for launch, including the SW. App, which was a bespoke, subscription-based, style app for styling, and personal shopping services, as well as SW. Consulting, which was a strategy and market entry consultancy brand for Japanese brands expanding into APAC.

J.Crew, New York & Hong Kong (2012-2015)

After beginning my career at the J.Crew headquarters in New York City, I later returned back to Hong Kong as the second employee on board to build J.Crew locally here in Hong Kong. At the end of my time with the company, we had opened 4 stores within 2 years and had driven the IFC store to have the highest net sales per square foot, out of all the J.Crew stores globally.

EDUCATION & QUALIFICATIONS

Cornell University, Ithaca, N.Y., B.Sc. Hotel Administration, Concentration in Marketing (2008-2012)

CTI Coaching Course, ICF Accredited Coach Training Program
Over 300 hours of Yoga teacher training

Certified Akashic Records Facilitator

Mindfulness Based Cognitive Therapy for Life Training @ The Oxford Mindfulness Centre