



K O H
S U H O C K

I N F L U E N C E - S O L U T I O N S . C O M

**"This mindfulness workshop is exactly what myself and the team need.
Highly recommend Su Hock's program to other (accounting) firms"**

Managing Director, Nexia Singapore PAC

Su Hock is passionate about helping people enhance their wellness through mindfulness and organisations achieve mindful leadership for an optimal work culture.

Combining modern scientific mindfulness approaches with traditional methods from Asia, including yoga and meditation, Su Hock has been helping companies and teams achieve their wellness goals since 2019, transforming their potential from within.

Two decades in the technology sector has enabled Su Hock to experience first-hand the challenges that corporate leaders face in balancing results orientation with mindful leadership and wellness of their teams. He is hence deeply motivated to create practical methodologies which both leaders and employees can use to transform their mindfulness and wellness mindset.

Su Hock is currently a Senior Consultant with Influence Solutions. He is an accredited yoga coach and mindfulness trainer and holds a certificate from Brown University.

MINDFUL LEADERSHIP



From his career at Intel, Symantec and Dropbox, Su Hock has been transforming teams with mindful leadership that balances results with team wellness. A firm believer that a well-balanced team has the best productivity and culture outcomes, Su Hock dedicates his time to sharing his experience via industry forums and panel discussions.

MINDFULNESS BASED STRESS REDUCTION (MBSR)



MBSR is an evidence based approach to help participants reduce stress by following practical methods which can be used at any time or location. After personally benefitting from MBSR training in Singapore, Su Hock decided to further his MBSR education with Brown University (US) where he interacted with some of the best contemporary experts in the mindfulness field.

Since then, Su Hock has worked with companies and firms, especially with the accounting sector where he has delivered mindfulness trainings and programs for hundreds of professionals and teams.

YOGA COACH



Su Hock is the founder of two yoga studios in Singapore and Vietnam, which has provided both individual and corporate wellness programs to hundreds of students.

Combining the wisdom of (Indian) yoga with traditional Chinese medicine (TCM), Su Hock has pioneered a yoga and wellness approach which is tailored to the individual and helps organisations improve employee wellness.

"All of us enjoyed every moment of mindfulness and wellness workshop, especially the mindful breathing session which cultivates mental calmness and body awareness."

Managing Director and Founder, Precursor Assurance PAC

KOH SU HOCK

YOUR CHOICE FOR MINDFUL LEADERSHIP
THROUGH INSPIRING AND EVIDENCE-BASED PROGRAMS

[INFLUENCE-SOLUTIONS.COM](https://www.influence-solutions.com)