

SABREENA ANDRIESZ, PhD, MCC

Executive Summary



Sabreena has devoted the past 20 years to organizational development, senior executive coaching and team alignment informed through her background in psychology, knowledge in behavioral analysis, advanced systems thinking and whole brain technology. She uses unique and life changing practices and coaching techniques to facilitate individual and organizations towards successful outcomes. The diverse lens that Sabreena offers her clients is influenced by having lived in Saudi Arabia, Sri Lanka, U.K and Germany and she is now a citizen of Singapore. Her global up-bringing and her diverse clientele is a testament to her multi-cultural flexibility.

Industry Experience

Prior to changing careers, Sabreena was the Regional Manager of a British company managing real estate investment portfolios for APAC clients while situated in Singapore. During her tenure she spearheaded a support network and development of client relations and penetrated new markets and boosted her regions client base by 510% in four years. In 2001 she started her consultancy The Conscious Choice Pte Ltd. Her clients include government agencies, pharmaceuticals, healthcare, financial institutions, oil and gas, information technology, SME's and niche business owners. Sabreena is based in Singapore and prior to the onset of covid-19 travelled regionally to Japan, China, Hong Kong, Philippines, Vietnam, Malaysia, and Thailand to deliver leadership solutions, high potential programs and facilitate C-suite and senior executive development.

Coaching Approach

Sabreena's integrative approach is based on a combination of neuropsychology, somatic intelligence, and research. She utilizes horizontal and vertical developmental psychometric profiling tools when needed. Sabreena is accredited to administer and interpret the Hogan leadership suite, Hogan 360, Leadership Circle Profile (LCP), the Global Leadership Profile (GLP), Harrison Assessment, Workplace Big Five, Myers-Briggs Type Indicator® Step II, FIRO-B, Influence Style Indicator, and the CCL 360 suite of assessments.

Education and Professional Affiliations

With a PhD in Organizational Development and Change Dr. Sabreena Andriesz area of expertise is leadership in multi-national corporations in overseas subsidiaries; her multi-culturally focused research offers multiple perspectives and solutions in her partnership with individuals and organizations.

Dr. Sabreena Andriesz is a Social Scientist, an Organizational Consultant, Facilitator, ICF Master Certified Coach (MCC), WABC Certified Business Coach™ (CBC™), Certified Solution Focused Coach (CSFC), a certified Coach Supervisor, Facilitator and Tutor with the Coaching Supervision Academy (CSA), an ICF Coach Mentor and Psychotherapist. She holds double Masters degrees in Social Science (Counseling) and Human Development. In addition, she holds Master certifications in Neuro Linguistic Programming and Sequential Mind Technology. Sabreena is Past President of the International Coach Federation (ICF) Singapore Chapter 2009 to 2011 and Co-Chaired the 2nd Asia Pacific Coaching Conference in 2012. She is an Associate Coach and Facilitator with the Center for Creative Leadership, the National University of Singapore Business School and an Adjunct Program Director for in-house executive education at Singapore Management University (SMU) and was Lead Faculty of the WABC Registered Corporate Coach (RCC™) international coach certification program at SMU from 2016 to 2020.

Supporting her community in affecting societal change on all levels is a key driver to her passion for growth and actualizing human potential. These covid-times has instigated several collaborative partnerships to facilitate awareness through podcasts, live streams and on-line learning that address topics that always have human development and growth at its center.