artgym



Idot Wong Facilitator/Coach

Idot Wong is a life and team coach who is passionate about unleashing the potential of individuals and teams in life and at work.

She uses colors as media to ignite creativity in workshops, and her personal breakthrough was, with no formal art training, realizing her passion for expressive art painting which has developed into a new potential for creative development for herself and others.

With over 20 years of marketing experience in the Asia Pacific with multi-national companies, Idot promotes the B4B Challenge – 'Big Data for Business', a competition for start-ups and innovative talents in Hong Kong. With a rich career in Marketing and Communications in Asia, she held key positions at Kohler, Dorma and Amway.

Idot's certifications include:

- Evolutionary Coach Training Programme (ICF/ACSTH) CC Coaching Centre/Corporate Potential (2017)
- MBA, eCommerce & Management ESC Grenoble, France (2001)
- Bachelor of Social Sciences University of Hong Kong (1988)

Born & raised in Hong Kong, Idot speaks fluent English, Mandarin, Cantonese and basic French. She is based in Shanghai and delivers all over China and Hong Kong