

THE RESILIENCE ARCHITECT
SPEAKER, COACH & MOVEMENT TEACHER

Yan Huang

黃俞燕

Rebuilt from zero, more than
once. Now she helps leaders do
the same.

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(warm low light, black or cream outfit)

SHORT BIO

Yan Huang is a speaker, coach and movement teacher based in Singapore. She has rebuilt her life from zero more than once: her body at 18 after years of poor health, her health after surviving Stage III Hodgkin lymphoma at 23, her life after burnout at 28, and her career, from founding a retail business, to enterprise UX research at a large insurance company, to 13 years of teaching movement.

Today she helps leaders 40+ rebuild their energy, health and clarity after a turning point: burnout, a health scare, or even a big success. She brings together Eastern and Western practice, science and lived experience. Her talks mix story, research and simple practices people can use the same day.

13 years

teaching movement

Stage III at 23

cancer survivor

Enterprise UX

research background,
insurance apps

East meets West

movement, breath, behaviour

Signature talks

Each talk is shaped to your audience after a short planning call. Lengths are flexible.

SIGNATURE KEYNOTE

30–60 min

Rebuilt from Zero: Coming Back Stronger Through Life's Seasons of Change

Four comebacks, one simple way to start your own rebuild, and a room that leaves calmer, clearer and ready to move.

People leave with: their own Axis card, a clear read on where they are, and one small step for the next seven days.

Conferences

Women's networks

All-hands

KEYNOTE OR FIRESIDE

45–60 min

The Depleted High Performer: Why your body is the one place you can't perform your way through

For leaders who are effective at everything except rest. What depletion looks like in capable people, and how to recover without stepping off the track.

People leave with: the early signals they have learned to ignore, and recovery habits that fit a full calendar.

Leadership teams

Executive offsites

TEAM WORKSHOP

Half day 3h

Full day 6h

Energy Before Output: A practical reset for high-pressure teams

Hands-on and done in work clothes. Teams learn breath, movement and habit tools they can use at their desks, then build one shared team habit together.

People leave with: two-minute resets for between meetings, and a team agreement they will actually keep.

HR & People teams

Team days

Wellbeing weeks

TALK OR WORKSHOP

45–90 min

Life After the All-Clear: Rebuilding body and work after cancer

From someone who has lived it. For survivors, caregivers and the employers who want to support them well when treatment ends but recovery hasn't.

People leave with: gentle movement and breath for rebuilding strength, and what helps people return to work well.

Cancer organisations

Employers & HR

The Axis Method

Return. Root. Rise.

A body-first blueprint for leaders rebuilding from the inside out. Your axis is the centre you live, lead and decide from. When life asks too much, you can keep achieving and still drift away from it. Every talk, workshop and coaching programme follows the same three movements.



INWARD · PAUSE

Return

Where am I? Stop the momentum and notice what has been drowned out.



DOWNWARD · RECONNECT

Root

What is true for me now? Reconnect with body, values and what sustains you.



UPWARD · REBUILD

Rise

How do I live and lead differently? Build choices and habits that can actually sustain you.

WHY YAN

"I help you rebuild from a place that no longer requires you to abandon yourself."

Yan has started over with her body, her health, her life and her career. She speaks from inside the rebuild, not from a distance.

A science degree, enterprise research experience and 13 years of teaching bodies of every age give her talks a practical edge. Lived experience gives them weight.

Background

BSc Applied Science (Food Science & Technology), NUS

Founder, Watchwerkz (retail, 2008–2013)

Certified Integrative Women's Health Coach (IWHI)

First recipient, Vintage Pilates scholarship (Sandy Shimoda, 2025)

40+ published articles; Wellness with Yan on YouTube

UX research on in-house apps for a large insurance company

Volunteer teacher, Breast Cancer Foundation Singapore

Polestar Pilates comprehensive; classical Pilates training

Precision Nutrition Level 1; Medical Qigong Level 1

Speakers Society Launchpad, 2026

Formats & booking

FORMAT	LENGTH	BEST FOR
Keynote	30–60 min	Conferences, summits, company all-hands
Fireside chat or panel	30–45 min	Leadership events, women's networks, podcasts
Half-day workshop	3 hours	Team days, wellbeing weeks, offsites
Full-day workshop	6 hours	Leadership teams wanting a deeper reset
Online session	45–90 min	Hybrid or regional teams across Asia

Every booking includes

A 30-minute planning call, a talk shaped to your audience, an Axis card for every attendee, a free 4-day email journey they can join on the day, and a short follow-up note for organisers.

Set-up

Wireless headset mic, slide clicker and screen. For workshops, a clear floor area and chairs that can be moved. No mats or special clothing needed.

"Yan is outcome-focused. From the sessions, my strength has more than doubled. She helped me see the light at the end of the tunnel by breaking down the steps."

Digital marketing executive and coaching client

Check Yan's availability

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Based in Singapore. Available in person across Asia and online worldwide. Talks in English or Mandarin.