SPEAKER KIT

Yan Huang

黄俞燕

Speaker, Coach and Movement Practitioner · Singapore



SIGNATURE KEYNOTE

Evolve Without Starting Over

Rethinking Strength Through Life's Changing Seasons

For women's leadership events, founder communities and organisations navigating change.

Keynote, participatory workshop, or both

WHAT YOUR AUDIENCE TAKES AWAY

01

Connection

Name something you want the energy or capacity to do in this season.

02

Movement

Recognise where a familiar way of pushing through is costing more than it once did.

03

Systems

Choose one practical adjustment you can try this week.

SELECTED APPEARANCES Breast Cancer Foundation (Singapore) · National Environment Agency

Enquire about speaking

yuyanhuang.com/speaking

connect@yuyanhuang.com

"Not every season of life asks for more discipline. Some ask for a different way forward."

YOUR SPEAKER

Yan Huang once thought she had two left feet. She went on to compete in physique sport and has taught movement professionally since 2013. Through illness and the loss of a business, she learned that the body is where strength is found again: by noticing its signals and answering them with small, practical changes that last. Yan shows audiences how to carry what they have built into each new season of life and work, without starting over.



THE QUESTION SHE LEAVES WITH YOUR AUDIENCE

"What do you want your strength to make possible for you right now?"

WAYS TO WORK WITH YAN

Talk

3-minute bridge talk. One story, one insight and the signature question.

15-minute signature keynote. The full story, a guided reflection and one practical adjustment for the week ahead.

Participatory workshop

People move, breathe and practise the three steps together, so they leave with something they have already tried. Half day or full day, for teams and communities.

Talk and workshop

The keynote opens the room, then a hands-on session follows for the same audience. Shaped around your event's timing.

EVERY FORMAT · CONNECTION · MOVEMENT · SYSTEMS

For teams and individuals who want to go further, Yan's workshops and private coaching follow the same three steps: what you want your strength for, the movement that serves it, and a routine that adapts as life changes.

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ALSO SPEAKING ON

Life After the All-Clear

Strength, work and recovery after cancer

"You may be cancer-free, but are you free from cancer?"

Talk or participatory workshop · 45–90 minutes · Survivor communities, cancer organisations and employers

Yan was diagnosed with cancer as a young adult and has lived cancer-free for nearly two decades. She knows the all-clear is not the end of the story: the body has changed, confidence has shifted, and the old ways of working and training may no longer fit. In a talk or a hands-on workshop, she guides survivors back to strength at a pace that lasts.

PEOPLE LEAVE WITH

CONNECTION
A clearer sense of what they want their strength for now, after treatment.

MOVEMENT
Gentle movement and breath for regaining strength and reading the body's signals.

SYSTEMS
What helps them return to work and daily life well.



ABOUT YAN

Teaching movement and wellbeing since 2013. Trained and certified in Classical Pilates, Qigong, functional movement, cancer survivorship and integrative women's health coaching.

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