

MEDIA KIT

# WOMEN OF COURAGE ASIA

EMPOWERING WOMEN TO GET UNSTUCK  
FROM FEAR TO LIVE A LIFE OF COURAGE,  
PURPOSE AND SIGNIFICANCE



# ABOUT US

## Women of Courage Asia

Women of Courage Asia is a self-funded community that is passionate about empowering women to go from being stuck in fear & living a life of COURAGE, PURPOSE & SIGNIFICANCE.

On the last Tuesday of each month, we will come together to listen to expert sharing and participate in experiential learning with engaging activities. At the same time, we have created a safe and supportive space to share our most vulnerable moments, through Stories of Courage, that inspire, empower and encourage others to do the same.

Besides having our Monthly Empowerment Meetings, we will also organise activities, events and projects such as

- Community outreach to Singapore Girls' Home - Art of Hope program
- Voices of Courage - Co-authored by 25 women
- Transform with Courage Bootcamp 2021 - workshop for women only

### Our Vision

To see women living their dreams and destinies while making a positive impact in their spheres of influence

### Our Mission

To inspire and empower women to go from being stuck in Fear, Self-Doubts, Limiting Beliefs to living a life of Courage, Purpose & Significance with Mentorship & Community Support.

### Our Values

Courage

Love

Authenticity

Stewardship

Significance

Together with our Community Partners, we continue to build our tribe, empowering and supporting women and journey with them through lives challenges.

# OUR FOUNDER LILIAN ONG



**Author | Social Entrepreneur | Speaker | Founder of Women of Courage Asia & Class Living | ICF Certified Coach  
Accredited Neuro-Linguistic Programming (NLP), Timeline Therapy, Hypnotherapy Practitioner & Enneagram Coach**

Lilian has shared her story of Awakening Courage, Breaking the Fear Barrier to thousands locally & overseas. She has spoken at various social community groups, organizations, Institutions & events such as the Women Business Day at Asia's largest Online Marketing Success Conference in Hanoi, Vietnam, Singapore Female Festival 2018, Facebook Singapore, NBC Universal Singapore, NUS Entrepreneurship Society, Social Oven 2019, ITE Central, ITE College East, SOTA PSG, PSB Academy & SMU Women Connection.

As a volunteer, Lilian contributes her time and serves in various communities & non-profit organizations. She has run Arts programs integrated with character building in a female Juvenile Institution, and as a mentor of the Life Champions Mentoring Program by Architects of Life. She also volunteers in Humanitarian work in Cambodia, Indonesia & the Philippines. As Captains of Lives with the Singapore Prison Service, She will also be running transformational development programs in the Changi Women's Prison.

What most doesn't know is that for many years, she struggled with Self-doubt & Fear; battled with Postnatal Depression, Body Image issues and was Suicidal.

She went from a stay-at-home mom who was confused & loss of Identity to an entrepreneur who rebuilt her confidence as a Real Estate Consultant, built a furnishing business from scratch & exited successfully after 9 years.

From struggling with Body Image & Health issue to taking ownership & responsibility to put her Health back in order. In that process, she shed 10kg & 16cm off her waistline & ran 2 Half Marathon at the age of 44.

From being stuck in Fear & Self-doubt to breaking her limiting beliefs and became an Author. She wrote her first book "Women of Courage, Breaking the Fear Barrier" and launched it with a book tour, conducting a total of 25 public speaking sessions within 12 months in 5 countries, overcoming her fear of Public Speaking.

She went from being withdrawn in a low self-worth Mindset, to taking the courage to step out of her comfort zone to make a difference in her sphere of influence. She started with the aim of being a role model for her children, leading by example to live a life of Courage & Purpose.

Her personal challenging experiences in childhood, adolescence, motherhood & entrepreneurship compelled her to start the Connecting Mothers support group, and founded the social enterprise, Class Living & the community, Women of Courage Asia where she inspires & empowers women to break their self-sabotaging behavioral patterns and mindsets, to awaken & reclaim their courage to live their dreams and a life of CLASS: Courage, Love, Authenticity, Stewardship & Significance with her custom-design, The Courage Blueprint.



Lilian's Story  
<https://youtu.be/jafL5-85Y34>



Women of Courage  
<https://youtu.be/NDevZUP7IGA>

# OUR TEAM



Lilian Ong  
Founder  
Women of Courage Asia



Brenda Lim  
Co-Founder  
Women of Courage Asia

## Team Leaders

### PR & MARCOM



Lynette Har



Anita Kaur



Hellen Lie



Carol Gockel



Jacqueline Low



Sarah Chan

### EVENTS



Wendy Teo



Lisa Chong



Katherine Tan



Nicole Tay



Teresa Chong



Jasmyn Yee Ang

## Community Leaders

# OUR MILESTONES

## CELEBRATING OUR WINS

### Special FB Live Session

Come & listen to her inspiring story of Courage & Significance



Anita



**COURAGE**  
**LOVE**  
**AUTHENTICITY**  
**STEWARDSHIP**  
**SIGNIFICANCE**

### SELF-LOVE CHALLENGE



### HIGHLIGHTS

- 1st Year Anniversary Celebration
- Launch of Voices of Courage Book
- Monthly Empowerment Meetings - From onsite to online. Run by our Community Leaders
- Challenges
  - 30 Episodes FB Live
  - 30 Days of Gratitude (in the midst of Covid 19 & Circuit Breaker)
  - 30 Days Self-love Challenge
- Rolled-out Community Leaders Training/Workshops
- Launch of Courage Under Fire
- Start of Public Speaking by Community Leaders



# HIGHLIGHTS



Start by doing what's necessary; then do what's possible;  
and suddenly you are doing the impossible.

~ St Francis of Assisi

We acknowledged that 2020 was a challenging year for everyone but at Women of Courage Asia, we are also very excited to push ourselves out of our comfort zone and do things that we have not done before.

Here are some of the activities that we have done in 2020 and upcoming events for Year 2021

## **First Year Anniversary Celebration @Genius Central**

<https://youtu.be/upm888f8lGU>

## **Highlights of Monthly Empowerment Meeting**

<https://youtu.be/ART0HjfHvec>

## **Courage Under Fire**

<https://youtu.be/Tv9xFKLt6Q>

## **Transform with Courage Bootcamp**

<https://youtu.be/AMIEO6sq1Es>

# COMMUNITY OUTREACH

## REACHING OUT TO OUR YOUTHS

Women of Courage Asia is a self-funded women's community.

Through Class Living Pte Ltd, a social enterprise & training partner with Architects Of Life (AOL), we ran an Arts Program (Art of Hope) integrated with Mentorship & Character Building in the Singapore Girls Home.

Mentors share their life's stories, experiences, knowledge & expertise with the youths to inspire and empower them to take the courage to live out their dreams and be the best version of themselves.



# COMMUNITY PARTNERS



**Sari Marsden**  
Performance Coach &  
Leadership Trainer  
Co-Author of Fit To Lead  
Co-Founder Sarius  
Performance



**Vivien Yap**  
Style Coach & Life Coach  
Founder of  
@runway\_mummy



**Joanne Chua:**  
Financial Service Consultant  
**Teresa Tan:**  
Certified Financial Planner &  
Chartered Accountant

**Janelle Tan:**  
Associate Financial Planner &  
Associate Estate Planner



**Cindy Leong**  
Enneagram Personality  
Coach  
Chief Relationship  
Coach  
Divine Connect

