

ADELA YANG

Consulting Team

Adela is an Industrial-Organizational psychologist, an assessor and an executive coach. Her passion is to help organizations identify and grow the next wave of senior executive talent to achieve strategic, sustainable business results. Her clients span across the globe and onto various sectors, including but not limited to chemical, automotive, consumer, financial services, healthcare, energy, government, and non-for-profit.

Adela brings about 20 years' consulting experience with focus in senior executive assessment, CEO and C-suite succession planning, culture change and integration, and executive coaching. She has advised Boards and CEOs to build senior executive teams in the Asia Pacific and North American regions. She tailors executive assessment, succession and development, as well as culture solutions to meet client's needs, preparing organizations for critical transformations.

As a coach, Adela inspires her clients to explore and get grounded with their unique purpose, vision and greatness. She then goes beneath the surface and supports her clients to identify and unlock the psychological and emotional barriers, so that they have the freedom to pursue their goals and unleash their potential. Her clients often describe her as empathetic, perceptive and inspirational.

Adela has lived and worked in different geographic regions, and as such, she brings rich cross-cultural experience and insight to her work. She received her Bachelor of Social Sciences degree in Psychology and Human Resources Management from the University of Hong Kong. She subsequently obtained her Master's and Ph.D. degrees in Industrial and Organizational Psychology from the University of Georgia, USA. She is a Certified Professional Coach (PCC) from the International Coach Federation (ICF), and is an accredited user of a wide range of psychometric assessment tools.

Adela currently resides in the Greater Toronto Area with her two beautiful children. Outside of work, she likes to explore different culture and food experiences. Oil painting is her newly found hobby that has transformed her perspective for life.

“I was blessed to have Adela as my coach – I have worked with several coaches in my life, but no one is as patient, insightful and knowledgeable as Adela. Her deep listening and strong coaching presence helped to create a trusting and safe space. She unlocked my motivation in adopting a coaching-style leadership. I am grateful for her to be such an incredible inspiration for me.

CTO, a government entity

“Absolutely a mind-blowing experience! From being fearful to being open about what the future may bring, it only took less than 90 minutes in the coaching conversation. It was a process of embracing the critical life incidents that have made me who I am today. Adela worked with me through the process and helped me to see the meanings of all those events. I couldn't stop smiling on my way back home.

Entrepreneur/Founder of a startup business

“Adela has coached two regional leaders of our company, both have the potential to grow into a global leader. She turned around their leadership approaches and we have observed step changes in their behaviors. She brings a business perspective and hits the nail on the head. Her approach is practical and effective.

Head of HR APAC, a global industrial company