Profile of Speaker / Instructor:

Jolin

Jolin is a holistic health coach who also curates and hosts workshops, events and retreats. Her mission and passion is to spread love, smiles and good energy. Above all, she seeks to inspire many with her own personal health and discovery journey.

She is currently the Head Of Partnerships at the FIT Summit - a B2B network and centred at its core as a CEO-level thought leadership b2b conference for fitness, wellness, corporate wellness and hospitality. At these events, she moderates on panels as well as manages speakers and sponsors. She also runs workshops, talks and corporate events events. Some of her clients include UOB, Citibank, DFS, Fitness Festival, Lululemon, and Airbnb.

As a firm believer in a holistic way of maintaining health, not only does she share of the effectiveness of eating right for a better body and reduced ailments, she also addresses the importance of physical, mental and emotional well-being.

She completed Holistic Nutrition and Advanced Holistic Nutrition in the School of Natural Health Sciences, and spent 6 months in New Zealand volunteering at yoga retreat centres, organic farms, as well as holistic communes. She was also the marketing director and health coach of Daily Juice, a cold pressed juice company and Dosirak, a healthy Korean bento company in Singapore.



NUS BBA (Honours)
S.N.H.S. Dip. (Advanced Nutrition)
S.N.H.S. Dip. (Hoslistic Nutrition)

Jolin MA

Holistic Health Coach