

IRENE LIM HEALTH & WELLNESS ADVOCATE | CERTIFIED TRAINER (HRDCORP)

With over 12 years of experience in the healthcare field, Irene is a passionate advocate for holistic health, nutrition, and personal development. Since joining ASP in 2013, she has empowered countless individuals through insightful, practical, and inspiring sessions focused on total well-being.

In 2024, she became a certified HRDCorp trainer and now shares her knowledge through talks and workshops that focus on health, nutrition, mindset, and personal growth. Her sessions are engaging, relatable, and filled with useful tips that people can apply in their everyday lives.



☀️ SIGNATURE TOPICS

- ◆ BUILDING A BALANCED DIET: A PRACTICAL NUTRITION WORKSHOP
- ◆ A COMPREHENSIVE GUIDE TO HEALTH & WELLNESS
- ◆ MIND 🌸 BODY 🌸 NUTRITION: A WHOLE-PERSON APPROACH TO WELLBEING
- ◆ BUILDING EMOTIONAL INTELLIGENCE FOR IMPROVED WORKPLACE RELATIONSHIPS
- ◆ FOSTERING A GROWTH & POSITIVE MINDSET

CERTIFICATIONS & AFFILIATIONS

- ✓ HRDCORP CERTIFIED TRAINER (2024)
- ✓ 12± YEARS EXPERIENCE IN THE MEDICAL & HEALTH INDUSTRY
- ✓ MEMBER OF ASP SINCE 2013

