

## **Biography**

Having worked in business sector for many years in her earlier career with a Master of Business Administration. Ms Jean Tai has turned to the field of counselling after graduating from the Hong Kong Polytechnics University and obtained her Master Degree in Guidance and Counselling. She continued her further studies in counselling through the approach of Bowen Family Systems Theory at ISSFI and under the supervision of Mrs Peggy Chan.

Ms Tai is enthusiastic in bringing with her more than 20 years of experience from the business world and her learning of Bowen theory into her private practice. Her focus is to help clients manage their daily life, family relationships, personal issues and workplace relationships towards a better level of differentiation of self and to be able to regulate their own emotions and express their I position better within their human context.

## **Curriculum Vitae**

### **Jean TAI, MA, MBA**

Executor Director specializes in sourcing and supply chain management

Counsellor, private practice

MA in Guidance and Counselling, Hong Kong Polytechnics University

Master of Business Administration, University of Leicester, UK

Member of Hong Kong Professional Counselling Association