

BIO
CURRICULUM VITAE
HESTER APPOYER



What I do...

My work flows between **giving Keynote talks, executive coaching** and **corporate training**. I support individuals and teams in their personal and professional advancement because I have:

- **international working and training experience** (South Africa, South East Asia, Austria and Central Eastern Europe)
- **intercultural communication expertise** – experiencing “both sides” of living and working at “home” and in foreign countries
- a successful track record as **keynote speaker, conflict resolution, coaching, training, translations** as well as **marketing and sales** in the finance, construction, public, pharmaceutical, cosmetic and adult education sectors
- 3 languages

Between seminars, workshops and coaching sessions, I

- Write
- am an active voice for wildlife conservation

Personal Details

Surname	Appoyer
First Name	Hester Lucia
Nationality	South African with permanent residency in Austria;
Contact Number	+43 664 486 1405 / +91 84118 99775
Email	hester@salt-pro.com
Area of Residence	Currently living in Goa, India
Languages	English (Native Speaker); German (Fluent 2 nd lang.); Afrikaans
Social Media	linked in / facebook
Skype	SALT – Skills and Language Training

My activities:

Period	2002 to date
Self-Employed Profile Focus	SALT – Skills and Language Training, Vienna Austria Director –Business Trainer and Executive Coach Connect. Communicate. Co-create. <ul style="list-style-type: none">▪ Keynote Speaker, Coach, Trainer, Facilitator and Mediator on all topics related to intercultural business.

- Cross-cultural Communication & Collaboration Craftsperson
- Leadership Coaching Neurosciences
- Pitch, Presentation and Voice Strategist
- Translator (German to English) & Proofreader
- Business English – 2nd language proficiency coaching for business purposes

Projects and Activities

- Currently writing book on cross-cultural communication
- PR and liaison with key contacts in HR and Training Departments
- Defining, designing and implementing of bespoke in-company training programs and curricula;
- Budget, audit, group coordination and administrative support for HR and Training Departments.
- Management of Trainer Pool
- Collaboration with British Council, Vienna for Cambridge Examinations
- Ongoing personal development and learning

My big clients include:

- **STRABAG** – International Construction Company (Germany, Austria, Sweden, Norway, Russia, Ukraine, Serbia, Czech Republic, Hungary and Bratislava, UAE, Libya, Egypt);
- **BAWAG PSK AG** (Cerberus Capital Management and Golden Tree Asset Management LP) with its independent direct bank subsidiary Easybank;
- **JAF** Group International Services Ltd;
- **STARKRAFT AG** International Pulp and Paper;
- **The Austrian National Bank** (Österreichische National Bank),
- **The Erste Bank Holding Group** with subsidiary **s-Bausparkasse**;
- **The Austrian Chamber of Commerce** (WKÖ);
- **ABA** – The Austrian Business Agency;
- **Assicurazioni Generali Holding** (Austria, Romania, Croatia and Hungary);
- **Europäische Reiseversicherung AG** (EU Travel Insurance);
- **ASFINAG** – Austrian Roads and Traffic Networks;
- **MARS** Austria;
- **VETMEDUNI** – the Veterinary University of Vienna.

As per a questionnaire that went around on fb not too long ago here some fun stuff...

♥ **Tattoo?** No ♥ **Piercings?** Only in my earlobes ♥ **Married/Divorced?** Experience in both
♥ **Children?** Yes a beautiful son! ♥ **Operations?** Yes ♥ **Prison?** Not telling ♥ **Weapons?** Don't
possess any. Fired a rifle on my Oupa's farm and now have a very unique fingerprint on my left thumb
♥ **Left/walked out of a job?** Yes ♥ **Fired staff?** Yes ♥ **Been Fired?** Not telling
♥ **Awards/Distinctions?** Not telling - I might put you off contacting me ♥ **Have you seen the
moon from the Equator?** Almost, Kuala Lumpur is very close to it and I lived and worked in
Malaysia for almost 6 years! Awesome! ♥ **Flown in a helicopter?** Yes – with two dogs and my son!
♥ **Converted?** Many times, foolishly, keep coming back to myself! ♥ **Cried over somebody?** Oh
yes! Often! ♥ **Been in love?** Oh yes, the ones I cried over! ♥ **Skipped school?** Sure! You? ♥ **Been
in an ambulance?** Yes, after a diving accident ♥ **Been to the Amazon** – no but Bornean jungles
and climbed up the highest mountain in SEA – Mt Kinabalu. ♥ **Been in a TV show?** Not yet ♥ **Been
on a radio show?** Yes, as a kid. ♥ **Won something?** Small stuff, not the lottery ♥ **Caught
snowflakes with your tongue?** Yes ♥ **Animals?** let's not go there - will take up the whole page –
love rhinos! ♥ **Ridden a motorbike?** Yes ♥ **Ridden a horse?** Prefer motorbikes ♥ **Do you donate
blood?** Yes because I am O-neg and once had to wait 24 hours for blood. ♥ **Do you love what you
do?** Yes!