

## Audrey Schroeder



Audrey grew up in the Pacific Northwest of the US. In university she began studying Chinese, which changed the course of her life. She lived and worked in Hong Kong throughout the 1990s, and in 2002 moved to Shanghai where she has lived ever since. In 2003 she joined up with a cycling group in Shanghai comprised mostly of Singaporeans and local Chinese and from there developed her love of cycling.

She's participated in adventure races (trail running, mountain biking, swimming, rappelling, etc.) in beautiful spots in China and Taiwan, as well as around 10 half-Ironman triathlons in China, Singapore, Japan, and the US. She's also climbed Mt. Kinabalu.

Professionally, Audrey is an executive coach and leadership consultant. She travels throughout Asia to deliver training programs to people from a wide range of industries and professions. She loves her work and as someone who works for herself is always focused on what she can give her clients. But life is more than work, and it's activities like Sepeda Amal Borneo and the charity work that goes with it that give us the most meaning in our lives.