

Selina Kong:

Hi everyone, I'm Selina. A mom and entrepreneur.

大家好，我是 Selina。我是一位母親，同時是位企業家。

Being strong, active and fit are vital for me to feel good and help me to manage the challenges of running a business.

保持強健的身體對我很重要，能夠幫我應對經營業務所帶來的挑戰

When I box and work out it helps unlock my energy and potential. It makes me a better businesswoman.

拳擊及運動能幫助我釋放能量及自己的潛能，能夠讓我變成一位更好的女性企業家。

Just like getting a personal trainer, sometimes we need an expert to give us a helping hand.

就像聘請一位私人教練一樣，有時我們都需要得到專家的幫助。

HSBC Jade supports me by providing access to the best advice from experts and helps strengthen my financial fitness.

滙豐尚玉能夠給予我支援，提供最佳的專家意見，保持理財健康。

I feel empowered to rise above the challenges ahead.

讓我更有自信地去面對未來的挑戰。