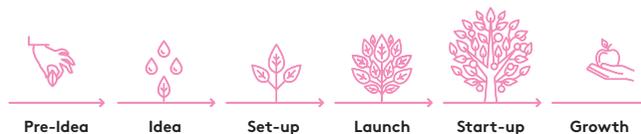


Cindy Chen, Amok Sisters

Cambodian catering social enterprise, providing training and employment for isolated, unemployed Cambodian migrants in SE Sydney.



“The first time I met Global Sisters, I said ‘Oh my God, how am I going to get along with them? Their language, knowledge and experience is so much more than mine.’ But the more I put in, the more I get back, and I have learnt confidence from them. They have given me a voice. You couldn’t find another tribe like them – they are not just there for me 24/7, they are there for me when I am down. It is like a family”.



Sister since February 2017

Cindy left her native Cambodia as a small child, losing 3 brothers in the war. 15 years growing up in refugee camps ended eventually when Australia became home. She survived two marriages of domestic violence and is now a single mum living in SW Sydney.

Cindy started AMOK Sisters, a Cambodian food catering company with a social mission. Through AMOK, Cindy provides skills training, employment, connection and inclusion for Cambodian migrants and refugees who are experiencing similar barriers to her own.

How Global Sisters is making a difference

Cindy met Global Sisters at a Sister School in Miller, a low socio-economic area of SW Sydney. She was running her own catering company but wanted to support women in her community who were isolated and unemployed to find a purpose, connection and employment through a food business. Whilst Cindy didn’t have the language around this being a social enterprise she was encouraged to be surrounded by women who believed in her and her vision.

“I don’t speak great English or have any education or qualifications. I faced cultural barriers and had no confidence or self-esteem. Forget about financial independence, I couldn’t even stand up for myself. Global Sisters provided me with all that. It’s how I can now stand up for myself and for my kids and for women. It was life changing for me”.



Cindy has received the following support from Global Sisters:

- Application for the AMP Tomorrow Maker award which funded the establishment of the AMOK commercial kitchen at \$21,000
- Brand development
- Publicity and PR photography
- Facilitated scholarship in an external paid incubation program
- Pitched at the 2018 Sister Pitch and received a grant of \$3000 towards her business and pro bono photography, marketing and website development support from Clemenger valued at \$120k
- Business planning and viability coaching
- Corporate sales connections for catering jobs
- Product development and retail readiness.

“People keep putting their hands towards me and I keep taking any opportunity that comes. I cannot believe I have succeeded and the number of people who have helped me. I don’t have the right words to say how thankful I am to Global Sisters. My next goal is to build up permanent part-time jobs for our women, they so badly need the employment. 24 hours a day are not enough for me!” says Cindy.

Follow Cindy’s business journey at:



amoksisters.com.au