

# Profile of Sebastien Henry

Partner  
Executive Coach, Facilitator & Trainer



## About Sebastien

Sebastien Henry works with leaders who would like to:

- avoid feeling exhausted and uprooted as their career takes them to the top;
- become more inspiring leaders by developing their Emotional Intelligence (EI) at work; and, as a consequence,
- be able to motivate their people better and retain the best.

Sebastien is convinced that leaders who know how to strengthen and use their Emotional Intelligence can make a big difference in their respective organizations because they are leaders for whom people would want to commit and give their best. He worked in an Asia-Pacific regional position in a multinational company and has also worked with Japanese and Chinese teams in Tokyo and Shanghai, respectively. His experience allowed him to practice the art of leading and listening across cultures and to experiment extensively on how to develop Emotional Intelligence in his daily work life. He is currently writing a book on this topic.

His articles on Emotional Intelligence in Leadership have been published in Human Resources and South China Morning Post. Some of Sebastien's one-to-one coaching clients hold the following positions: Asia/Pacific VP, Asia/Pacific General Manager, Country General Manager, Asia/Pacific CFO, Department Head.



*Sebastien is based in Shanghai and Tokyo*

## Credentials

- MBA (ESSEC – Top French business school)
- BA in Psychology & BA in Philosophy (Sorbonne University - Paris)
- Certified Professional Coach (Coach U + ICC)
- First Certified Trainer in Asia of the "EQ Impact Learning program" (Talentsmart)
- NLP Practitioner, Master Practitioner and Trainer (NLPU – USA)
- More than 1,000 hours of personal development work over 10 years

## Expertise / Services Provided

- Executive Coaching for Senior Managers
- Seminars & Workshops on Emotional Intelligence in Leadership (area of expertise)
- Keynote Speeches on Emotional Intelligence in Leadership

## Assessments / Tools

- Harrison Assessments
- Various 360 Degree Assessments
- Team Coaching Diagnostic
- Talentsmart EQ assessments

## Corporate Experience

- 10 years leadership experience, including regional positions in Asia (sales/marketing, general management) and management of teams in China and Japan

## International Exposure

- Lived in France, Hong Kong and Japan
- 9 years working experience in Asia (focus on Greater China and Japan)

## Languages

- Services offered in: English, Japanese, Mandarin, French (native)

## Selection of Clients

Executive Coaching	Seminars / Workshops
<ul style="list-style-type: none"><li>▪ Bayer</li><li>▪ Johnson and Johnson</li><li>▪ Airbus</li><li>▪ Sprint</li><li>▪ Areva</li><li>▪ Gemalto</li></ul>	<ul style="list-style-type: none"><li>▪ Kraft Foods</li><li>▪ Bosch-Siemens</li><li>▪ Alcatel-Lucent</li><li>▪ Veolia Water</li><li>▪ Sprint</li><li>▪ Calyon</li></ul>