

Thomas Hellwig



Dr. Thomas Hellwig, adjunct professor of Organisational Behaviour at INSEAD, works as an independent consultant, executive coach and a programme director for INSEAD and three other leading business schools. He has been associated with the leadership centre for more than 5 years. He is a trained physician with a doctorate in psychotherapy (University of Leipzig/Germany) and an MBA from INSEAD.

As a medical doctor (cardiology, cancer, paediatrics and emergency) with the experience of working more than a decade in some of the leading European hospitals, Thomas leverages his insights from leading high-performing medical teams in stressful situations. As an executive coach he has been working with senior executives for more than 5 years individually and in groups. Furthermore, he coordinates health and wellness interventions for top-management in executive programmes.

His recent teaching and research focus on change management (team and organisational dynamics), coaching effectiveness and health & stress management. At INSEAD he has also carried out several research projects with Professor Kets de Vries and is a regular presenter at International leadership conferences.

Overview

Areas of expertise:

- Leadership Teams
- Change Management
- Corporate Governance
- Entrepreneurship
- High Performance Teams
- Organisational Culture
- Health & Stress Management

Education:

- Adjunct professor of Organisational Behaviour, INSEAD
- Coaching qualifications from INSEAD; trained in group and systems dynamics
- Master in Political Sciences, Cambridge University

Tools certifications:

- KDVI 360 development tools
- MBTI
- Insights
- EQi
- FIRO-B
- Basadur

City & country of residence:

Paris, France

Coaching languages:

German, English, French, Spanish