



Dr Thomas HELLWIG

INSEAD adjunct professor for leadership,
Medical doctor & executive coach

Dr **Thomas Hellwig**, adjunct professor at INSEAD, works as an independent consultant, executive coach and a programme director for INSEAD and three other leading business schools. 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 for more than a decade in some of the leading European hospitals, Thomas leverages his insights from managing high-performing medical teams in stressful situations. As an executive coach and professor, he works with senior managers individually and in groups. He also coordinates health and wellness sections 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 is a member of the Leadership Centre, where he has also carried out several research projects with Prof Kets de Vries. He is also a regular presenter at International Leadership Conferences.

His teaching sessions include the 3H Lab: Health - High performance – Happiness; the Leadership Laboratory; Adaptive leadership and immunity to change; Leader as a coach; NEO and leadership effectiveness; INSIGHTS and personal preferences

Thomas lives in France and works throughout Europe, the US, the Middle East and Asia. He speaks fluently English, French, Spanish and German, his native language. Thomas and his Spanish wife have three young children. His leisure activities include salsa dancing, long distance running and cooking.