

Thomas Hellwig



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 has been associated with the leadership centre for more than 5 years.

health & stress management. At INSEAD he has also carried out several research projects with Prof Kets de Vries and is a regular presenter at International leadership conferences.

Thomas lives in France and is regularly involved in assignments throughout Europe, the US 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, sport and cooking.

He is a trained physician with a doctorate in psychotherapy (University of Leipzig/Germany) and an MBA from the 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 sections for top-management in executive programmes.

His recent teaching and research focus on change management (team and organisational dynamics), coaching effectiveness and