

The HEC Alumni Association of New York

is pleased to invite you to a panel
animated by two distinguished career & executive coaches
on:

***“Coaching your Way to Career
Success”***

Scott Galea (HEC MBA 2010) will moderate the discussion between
Alexander Gilles Caillet and Veronique Bressard.

on:

**Tuesday, April 2nd, 2013, from 6:30 P.M. to 8.30
p.m.**

at Interaudi Bank
19 East 54th Street
New York, NY 10022

*The discussion will be followed by a Q&A. Complementary
snacks and soft drinks will be served.*

Registration fee: \$20
(Space is **limited** to 35 people)
Please register before March 27th using the link below:

<http://www.eventbrite.com/event/3926781108>

What is coaching and how can we use it to move forward in our careers ? In this economy how can coaching help us leverage our careers and make sure the next step is accessible when we are ready for it ?

We will address the following topics: self-coaching, team coaching, coaching techniques, tools and assessments, transition coaching, organizational coaching, change management and cultural differences in coaching

About the coaches :

Alexander Gilles Caillet:

Alexander is the founder of One21Five, Inc., an organizational consulting and coaching firm dedicated to helping leaders and leadership teams to achieve significant organizational transformations by balancing the business and people aspects of change. Engagements include organization redesigns and restructurings, post-merger organizational integrations, functional shared services, continuous improvement programs, business turnarounds, team-based structures, change leadership programs and organization culture change.

Alexander is also an executive coach and performs high-performance team coaching, process facilitation, leadership coaching and management training with his clients. His work is founded on the integration of numerous disciplines and methods acquired from the fields of leadership, management development, organizational psychology, neuroscience, executive and team coaching, high performance training and stress management. His goal is to blend human resilience and performance with the achievement of meaningful business results.

Alexander has been helping his clients for two decades – his clients include: Amway, AREVA, BNP Paribas, Boehringer Ingelheim, Bouygues Construction SA , BP, Capital One, Chevron Oronite, Citigroup, CNA Insurance, Coca-Cola Enterprises, The Congressional Management Foundation, DKNY, Dow Chemical, Eli Lilly, FMC, Gillette, General Mills, Holiday Inn Worldwide, International Paper, Liz Claiborne, McKinsey & Co., L'Oréal USA, MITRE, NASA, Oxfam America, PartnerRe, Pechiney, Pfizer, Schrodgers plc, Sears, SNCF, US Cellular, Vertex Pharmaceuticals, Vodafone UK.

Alexander is also an Adjunct Professor on the faculty of Georgetown University's Leadership Coaching Certificate program, a guest lecturer at the American University and a frequent international speaker on the subjects of change, teams, coaching and leadership. He is certified

in Team Management Systems (TMSDI) and the Hogan Personality Inventory, and as a Health Realization practitioner and a HeartMath 1-on-1 Provider.

Alexander is a dual citizen of France and the United States, has lived in Europe, the United States and Mexico, and is fluent in English, French and Spanish. He received a B.S. in Psychology from the University of Michigan and a Master in Organization Psychology from Columbia University. Alexander lives in Boston with his wife Janice and his daughters Chloé, Léanna and Alexia.

Veronique Bressard, ACC:

Born in France and raised in both France and the US, Veronique has always evolved in a bicultural and bilingual environment. She studied business in Paris -where she got a Masters in Business Management at ESCP Europe - and worked several years in the media and advertising industry in Paris and New York. During all those years, she was always a coach for her friends, family, and colleagues. So she finally decided to listen to her inner self and realize her potential as a professional coach.

She enrolled in the Coaching Certificate at New York University (NYU), where she was taught what coaching really is and how it differs from other disciplines that people often confuse it with (therapy, consulting, training and mentoring). There, she acquired the necessary skills and competencies to become a professional coach. Meanwhile, she also applied and trained for an accreditation with the International Coach Federation (ICF) which she obtained, thus making her Associate Certified Coach (ACC).

Veronique is a Life Coach who specializes in career coaching. She started her practice -VB Coaching- in 2008 and has since developed a diverse clientele of French & American professionals looking for the next step in their careers. Through coaching sessions and with the help of assessments and tools she has created, she helps her clients define their goal and reach it, using their own resources. She accompanies them every step of the way to their next success.

Services offered in French and English:

Life coaching: work/life balance, personal project, search for life purpose, family projects, handling change, expat adaptation, decision-making, time management.

Career coaching: job seeking assistance, career change, career transition, professional evolution, starting your business assistance

Executive coaching: motivation, teamwork, crisis management, conflict management, change management, high potential coaching, promotion follow-up.

Public Speaking & Presentation coaching: preparing for interviews, client presentation, public speaking appearances, improving elocution, work on “on stage” presence, conquering your audience.

Veronique moved back to New York seven years ago. She lives in the East Village with her husband Thierry and her 17-month son Quentin.

Questions? Please contact hecnewyork@gmail.com