



davidleny.thinkyoud@gmail.com

# David LE NY

Executive and life coach

Breathe, Develop & Achieve

*“David's strengths are his insights, wisdom, charisma, energy and "cool French-ness". He is reliable, professional, kind, warm-hearted and I feel I can trust him...”*

*— Stefany —*

*“I was really impressed by the way David was interpreting my behavior including body language. I enjoyed his questioning, which initiated helpful self-reflection of my behavior and thoughts.”*

*— Rudi —*



# Coaching with Think You!

Today we must continuously learn and adapt ourselves to perform in a volatile, uncertain, complex and ambiguous world. It is easily overwhelming. What do I want? How to make a good decision? What are the next steps? How to achieve this goal? How to improve my leadership? What are my next moves?

Drowned in our daily lives we do not take the time to answer those fundamental questions.

What “Think you!” is offering you:

- **A breath:** a safe moment outside your current life to step back, to bring things back to their rightful place, to adopt a different perspective. With my support, you will use this time to decide what you want and what you will do. You will step into the driver's seat of your life.
- **A development path:** to define the steps to achieve your objectives and to decide how I can support you during the journey.
- **Achievement:** The entire process is designed to let you achieve your objectives and celebrate your achievements.

I will use all my experience as an international C-level HR professional in various companies to:

- Create a trusting, enjoyable and secure environment to let you think about what you want.
- Listen deeply and respectfully ask meaningful questions to let you understand, think differently and decide what is best for you.
- Find original approaches and different angles to set your creativity free .
- Support you to understand yourself and your emotions.

With me and the “Think You” experience you will know what you want in accordance with your true self and be able to move forward to get it.

*You think by yourself, to decide what is best for yourself and you do it!*



# Examples of Coaching Topics I have dealt with

## NEWLY PROMOTED CHIEF OFFICER

- How to handle my new position?
- What do I want to achieve first and how?
- What should I do differently from my former positions?

## CEO OR GM WITH ORGANIZATIONAL CHALLENGES OR LEADERSHIP QUESTIONS .

- How do I optimize my organization?
- How do I optimize my executive committee efficiency?
- How do I empower my team members?
- What is my leadership style?
- How do I build and implement my business plan?
- How do I optimize my time and manage my priorities?

## NEW EXPATRIATE OR MANAGER IN A MULTICULTURAL CONTEXT

- How to manage multicultural teams?
- How to adapt myself and my family to a new country?
- How to live my expatriation as a personal development journey?

## TALENT AND HIGH POTENTIALS

- What are my next steps?
- How do I succeed in my current position?
- What is my individual development path to realize my potential?

## GROUP COACHING

- How can we be more efficient as a team?
- What are our governance rules?
- How to engage our company?
- What do we want to achieve as a team?

## LIFE COACHING

- Family relationships
- Professional choices for people with disabilities

*And of course many other possible questions...*

# My professional Journey



I came to HR at the end of my Masters 1 in Economic Sciences. At that time, one of my teachers, also a Human Resources Director, asked me this question: did you think about an HR career? The answer was no, but a few months later I was doing an internship in his company, the topic? A lay-off plan... I learned how much the human touch was important in this kind of situation and I chose the HR journey and applied for the the Ciffop.

I was hired by one of the largest French utility companies. During my career in this Group, I filled nearly all the possible HR roles, payroll and administration manager, company learning expert, Human Resources Manager, Executive Assistant to a Group HR Director. I also often received additional assignments such as procurement, finance, facility and security management.

Along this journey, I discovered new operational activities and met wonderful people. Thanks to two manager coaches, I spontaneously started to encourage others to follow their own personal development paths. These were my first steps as a coach. Their smiles of success are my main reward.

After 15 years and after being myself coached to design my next professional steps, my family made a decision that changed our lives: I accepted a job offer as Chief Administrative Officer of a hydro-electric dam in Laos PDR. I was in charge of HR but also transportation, security, IT and on-site facility management. I lived a wonderful professional adventure, discovering an fascinating culture and spectacular people.

I am now Chief Admin of the Dextra Group, in charge of a worldwide HR network. An international position, involving interaction with may different cultures: an engaging challenge.

Durin this HR adventure, I received my PhD. My thesis involved research dedicated to "social negotiation as a change management tool". Thus, my whole professional life has been driven by supporting others to learn and grow. Becoming a coach was a logical decision I made in 2020 and I became an ICF associate certified coach after a 6 month training program.

*Now I am ready to use my HR and my coaching skills to support your growth.*

# How to get more?

*Breathe, Develop & Achieve*



## Contact me

*For a quotation*

*For a discovery session*

[davidleny.thinkyou@gmail.com](mailto:davidleny.thinkyou@gmail.com)

From 100 to 300 Euros per hour Tax  
Included

Partial Payment to Charity possible



or bank transfer

## International Coaching Federation

To understand ICF code of  
ethics and ICF standards:



## Learn more about me

Just open my LinkedIn profile:

