

Cedric Lefebvre

Psychologist and Professional Coach



cedric@insightandcoaching.com



+32.473.64.29.29



www.insightandcoaching.com



Brussels, Belgium



Professional certified coach (PCC), registered psychologist and passionate educationist with 20+ years experience within leading pharma, telecom and marketing services companies. I support corporations and executives' growth and flourishing through a stimulating, inspiring and results-focused journey, inspired by their own values and mission.

Area of Expertise:

- Job transition
- Stress management and self-confidence
- Work-life balance/harmonisation
- Burn-out

Education:

- Master in psychological and educational Sciences
 - Université Libre de Bruxelles (ULB), Belgium
 - Cum laude / magna cum laude every year
- Mastery & Art of Coaching
 - Certifying program at PCC level
 - Nova Terra Brussels
- Mindfulness Based Stress Reduction
 - ULB - Continuing Education - Health
- Therapeutic Hypnosis Training
 - Institut de Nouvelle Hypnose (3rd Grade)

Assessments/Certifications:

- Commission of Psychologists
- PCC – International Coach Federation (ICF)
 - +800 coaching hours
- Loopbaancentrum (VDAB) since 2017
- Hypnotherapist's certificate recognized by INAMI
- Quality label Qfor – CertUp

Industry/Functional Experience:

- Primary: pharma, marketing services and telecom
- Secondary: finance and FMCG
- Market insight, business development, marketing, consulting, project management and training

Professional/Corporate Experience:

- President, director board member, business unit manager, senior manager, mentor and consultant
- Global and local
- GSK, Research International, Proximus

Client Types/Levels of Experience:

- Senior executives
- Executives
- Employees
- Small business owners/Entrepreneurs

Professional Affiliation:

- ICF Global and ICF Belgium
- Commission of Psychologists

Cultural/Multi-National Experience:

- 20+ years experience within leading international corporations at global and local levels
- Travelled the 5 continents
- Coachees of 25+ nationalities

Notables:

- ICF Belgium – President 2017-2019
- Published in ICF's blog and in International Coaching News Magazine about (art. provided upon request):
 - Work-life integration and the role of the coach
 - Life purpose
 - Strengths identification
 - Drawing as a projective tool for coaching
 - Projective techniques in career coaching

Language:

- Français (langue maternelle) et anglais

Personal information:

- Cedric is creative, enthusiastic and passionate about the arts, in particular for what they allow us to discover inside of ourselves.