



## Executive Coach

# Henry Lescault

Fort Myers, Florida

Henry is a Leadership, Executive and Peak Performance Coach dedicated to helping individuals become the best versions of themselves—personally and professionally—in a way that is both safe and results-driven. He is an ICF-credentialed Professional Certified Coach (PCC) and holds a Master of Science degree in Executive Coaching, a combination that allows me to blend rigorous coaching methodology with real-world application.

Over the past 15+ years, Henry has had the privilege of coaching clients across a wide range of sectors, including the private and government sectors, education, healthcare, law enforcement, military, travel, entertainment, and more. His coaching proficiency has touched all levels of leadership to include C-Suite, Senior Leadership/Management, First Line Leaders and Individual Contributors. This breadth of experience has given him a deep appreciation for the unique challenges leaders and professionals face in high-pressure, high-visibility environments.

Henry truly believes coaching is not about fixing people—it's about helping capable individuals unlock what is already within them. His approach is grounded in behavioral change, emotional intelligence, and self-awareness, because sustainable growth happens when insight is paired with intentional action. He creates a psychologically safe space where clients can think clearly, challenge limiting patterns, and develop the presence, confidence, and effectiveness required to lead effectively.

## Education & Certifications

- B.S in Sociology - Human Behavior Concentration
- M.S in Executive Coaching
- Leadership Coaching Certification - Georgetown University
- Certified in formal assessment tools including; Myers Briggs, Hogan Suite of Assessments, EQ-i 2.0 and FIRO-B Personality Assessment

## What clients say about Henry

*"I am very impressed with the coaching I received from Mr. Lescault. His coaching provided thoughtful, actionable and effective strategies to address the challenges I face as a leader and move toward my goals proactively." Manager, Industrial Sector*

*"Henry Lescault has been a tremendous asset to my Company since I took over full ownership in January of 2023. His coaching was instrumental in helping me set up goals and ways to measure change effectively for my entire executive team." CEO*

## Highlights

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Over 15 years of leadership experience (First Line, Mid-Level, Upper-Level) leading a diverse variety of teams

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Over 15 years as a professionally certified Leadership, Executive and Peak Performance Coach

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Certified Massage Therapist and pending Personal Training Certification from the National Academy of Sports Medicine

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United States Coast Guard Veteran, and Certified Firearms/Defense Tactics/Refuse to be a Victim Seminar Instructor

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Author of Present with Power, Punch, and Pizazz; a book about Executive Presence and Effective Communication

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