



CÉSAR GAMIO

Multi-Award Winning
Workplace Wellbeing Speaker

DRIVE PERFORMANCE THROUGH WORKPLACE WELLBEING

Trusted by



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Spotlight: Achieve Your Ideal Performance State

Performance science demonstrates the importance of a holistic approach to sustaining elevated performance and thriving in high-pressure situations. Rooted in the integrated theory of performance management,

audience members will gain valuable insights into science-backed best practices that can enhance their resilience and empower them to achieve their goals more effectively.



Testimonial

The experiences that César constantly provides to our graduate students and executives at IE Business School are inspiring and transformative. He always gives the best of himself in every delivery.

SENIOR SCHOLAR AND CHAIR OF HR
AT IE BUSINESS SCHOOL

Additional Topics

- Handling Difficult Conversations
- Building Resilience
- Dealing Effectively with Stress
- Coping with Change
- Improving Psychological Safety
- Creating a Culture of Wellbeing
- Mindfulness in the Workplace

Biography

César is the Founder and Managing Director of Dharma Centre for Wellbeing, an adjunct professor at IE University, a Certified Corporate Wellness Specialist, an Executive Life Coach accredited by the European Mentoring and Coaching Council (EMCC) and he also serves as Senior Advisor to the London-based Global Centre for Conscious Leadership.

Soon after earning his degree in International Business Management in the United States and Japan, César led a successful career in two Fortune 500 companies in the technology and communications industry for 15 years. He has held executive leadership positions in various regions across the world. Moreover, under the training and personal guidance of Dr. Deepak Chopra, the global leading authority on mind-body medicine, César became a Senior Educator for the Chopra Center for Wellbeing.

César lives in England with his wife and two children.



LINKS

[DHARMAWELLBEING.COM](https://www.dharmawellbeing.com)
[@CESARGAMIO](https://www.linkedin.com/company/dharmawellbeing)



BOOKING INFO

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