

César Gamio

Founder & Managing Director at Dharma Centre for Workplace Wellbeing

Helping organizations unlock human potential through wellbeing, resilience and purposeful leadership.

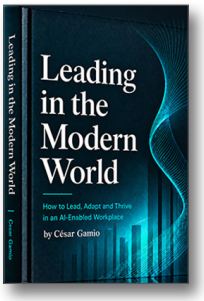
Biography

César Gamio is an author, international speaker, workplace wellbeing consultant, executive coach and adjunct professor at IE Business School. After studying International Business Management in the United States and Japan, he spent 15 years at two Fortune 500 technology and communications companies, holding executive leadership roles across several regions worldwide.

The demands of corporate leadership gave César direct experience of the relationship between performance, workplace culture and personal wellbeing. That experience shaped his decision to help leaders and organisations create environments where people can perform without sacrificing their health, dignity, or humanity.

Topics & Books

Leadership
Future of Work
Management
Talent Development
Wellness and Mental Health
Emotional Intelligence



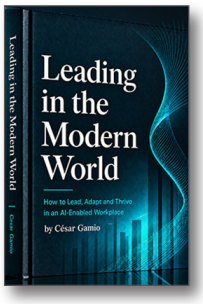
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Founder & Managing Director at Dharma Centre for Workplace Wellbeing

He is the founder and managing director of Dharma Centre for Workplace Wellbeing, an international consultancy specialising in leadership development, workplace wellbeing and psychosocial risk. César is a British Standards Institution (BSI) Associate Consultant for ISO 45003, the international standard for psychological health and safety at work. He is also an EMCC-accredited Executive Life Coach and a Senior Educator for the Chopra Center for Wellbeing, trained under the personal guidance of Dr Deepak Chopra.

César's forthcoming book, "Leading in the Modern World: How to Lead, Adapt and Thrive in an AI-Enabled Workplace", explores what technological change and growing complexity ask of leaders in practice. Drawing on executive experience and his work with organisations, he examines how leaders can build adaptability and sustainable performance while protecting trust, human judgement and meaningful connection.

Based in England and working internationally, César helps leaders navigate change with humanity, clarity and care.



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