

LEWIS SENIOR

The Intentional CEO

Lewis Senior, a distinguished **personality diversity expert** and a relentless advocate of **Risk Management** and **Intentional Leadership**, stands as an exemplary figure in the realm of transformative coaching and leadership. In 2004, he co-founded Equilibria, an internationally acclaimed coaching organisation that blazed a trail in the worldwide energy business, pioneering revolutionary methodologies, including the **E-Colours**, **Personal Intervention**, and the **8 Essentials of High-Performance Teams**, all encapsulated within the framework of the Essential Leadership Cycle.

These groundbreaking coaching tools have permeated the global landscape, resonating with individuals, teams, and corporations alike. Their impact is profound: heightened **self-awareness**, **deliberate decision-making**, **enhanced communication**, **error reduction**, and **elevated human performance**.

Lewis takes immense pride in Equilibria's achievement, having empowered over **1.5+ million individuals to discover their E-Colours**. This revelation serves as a compass, guiding individuals towards a deeper understanding of themselves and others. It fuels the harnessing of strengths, the management of potential limiters, the appreciation of diverse perspectives, and ultimately, the elevation of personal, professional, and organisational performance.

As a highly sought-after senior executive performance coach, Lewis possesses an **unwavering passion for PEOPLE**. His vision, mirrored by Equilibria, can be distilled into a single, powerful phrase: **"Realising Potential."** His unwavering commitment is to help every individual understand themselves and those around them more comprehensively, championing the principles of conscious intent in both life and leadership.

Lewis's offshore career began in 1974 in the North Sea. He was there during the Piper Alpha incident which had a significant impact on his journey. He remained offshore until 1996, experiencing a remarkable career progression from roustabout to OIM, leading rigs around the world. In 1996, he assumed the role of **HSE Manager for Transocean**, **solidifying his commitment to the well-being of others**.

Throughout his career, Lewis Senior never shied away from a challenge, leading operations in diverse locations such as **Egypt, Qatar, Indonesia, Thailand, India, Yemen, Nigeria, Angola**, and more. Several decades ago, Lewis embarked on a journey that saw him make four life-altering commitments: **prioritising family time**, **honing listening skills**, **fostering constructive communication**, and **steering clear of arguments**, all in **relentless pursuit of building an intentional legacy and achieving peak personal performance**. These promises have not only shaped his own life but have also catalysed transformations in the lives of countless others.

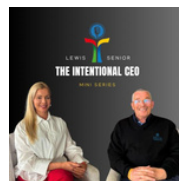
As a bonus, he is not just a distinguished expert and advocate **but also a passionate and entertaining speaker**. His ability to captivate audiences with his enthusiasm and engaging delivery adds an extra layer of impact to his already powerful message.



lewis.senior@equilibria.com

www.equilibria.com

Publications



The Intentional CEO Podcast mini-series

You can hear many of Lewis' Leadership experiences on his mini-series podcast.



Personalities Remixed book

In Personalities Remixed, Lewis Senior, Mark Wilkinson, and Paul Grant combine decades of expertise to bring you the definitive guide to using the E-Colours personality system for life-changing results.



At the end of the day book

With his daughter, Laura Senior Garcia, Lewis co-authored At the End of the Day, an autobiographical piece about prioritising what really matters.