



Nick Jonsson



Co-founder and Managing Director at Executives' Global Network (EGN) Singapore
- Confidential Peer Network

#1 International Best Selling Author | Keynote Speaker | Triathlon Athlete Mental Health and Well-being Enthusiast and Educator

MEDIA KIT

nickjonsson.com

Nick is the Co-Founder and MD of one of Asia's premiere networking organizations. He built a caring community that provides hundreds of executives a safe haven to share their challenges, and receive support and learn from each other.

Having worked across Asia, Australia and Europe representing major international firms, Nick has acquired international general management, direct sales and marketing experience. Nick has also been entrusted to serve as the Vice-Chairman of the Nordic Chamber of Commerce in Ho Chi Minh City and the Vice Chairman of the Direct Selling Committee Vietnam.

Nick is active in charitable and fundraising organizations to give back and support his local community. Nick volunteers and fundraises for the Samaritans (SOS) - a suicide prevention hotline in Singapore. He is also engaged in doing community service for a support group for senior executives where he is assisting people who are suffering from executive loneliness. This topic is close to Nick's heart and he has spoken on several radio stations and in multiple conferences and company events on the topic.

Nick has been featured in more than 20 newspapers and magazines including a 4 page feature in the Business Times and a full page in the Straits Times, as well as on TV including Channel News Asia (CNA). His passion for mental health awareness has also paved the way for Nick to author his first book, published in April 2021—"Executive Loneliness: The 5 Pathways to Overcoming Isolation, Stress, Anxiety and Depression in the Modern Business World"

Nick Jonsson CEO, B.Comm, MPRA, #1 International Bestselling Author

THE STRAITS TIMES



At one point in his career, Mr. Nick Jonsson found himself lonely, isolated from people and unable to confide in anyone about his stress, and now he wants to share his experience with his book that delves into the world of top executive loneliness. PHOTO: EGN SINGAPORE

LONELY LEADERS

Nick's Most Popular Keynote Presentations Include:

- The Power of Vulnerability: My Journey from Being a Fat, Daily Drinker and Lonely Executive to a Thriving CEO and Endurance Athlete' | Co-Founder & MD at EGN.
- [Executive Loneliness](#) — The Workplace Isolation No One Talks About
- Nick's Keynote Speaker Showreel
- [Executive Loneliness at DABS](#) (Danish Association Business Singapore)

Nick's Most Popular Media Topics Include:

- [Lonely Leaders](#) - The Straits Times
- [Successful But Lonely At The Top](#) - The Business Times
- Helping business leaders grow through a trusted network of peers
- Leadership transparency as key to eliminating executive loneliness
- Mental wellbeing at workplaces

As Seen On:





Executive Loneliness

#1 International Bestseller in 4 Countries (US, UK, CA and AU)

Part of being an executive is leading companies to success. As such, when an executive is experiencing extreme and prolonged stress, anxiety, isolation, and depression—what I'm calling "executive loneliness"—they often do nothing to address it for fear of appearing unsuccessful.

In turn, not addressing it exacerbates the negative and difficult feelings to the point where it becomes more and more difficult for the person to function. It takes a toll on their whole life, both personal and professional. The reason I know this is that I was an executive who was trapped in serious executive loneliness for several years.



Once I managed to emerge, I made it my mission to draw attention to this typically hidden issue to help the many others who are suffering in silence. I wrote this book to bring to the forefront an honest discussion about:

- (1) The pressures of being an executive
- (2) The fact that executive loneliness is actually quite common, though typically hidden
- (3) The five primary ways an executive can emerge stronger and better from this difficult place

Executive loneliness is an incredibly serious condition and, in some cases, fatal, as I explain in this book. If you suspect that you yourself, or someone you know is suffering executive loneliness, please read this book to begin the journey of emerging back into the light.

Get The Executive Loneliness Book now!

Suggested Interview Questions



- 1 What journey did you take to start Executives' Global Network (EGN), a peer networking group for senior executives and business owners?
- 2 What benefits do leaders get by being part of a confidential peer network like EGN?
- 3 Where did you develop your passion for Executive Mental Health? Was it due to a personal struggle?
- 4 How do you maintain your well-being, sanity, and daily routines?
- 5 You are a Top 1% IRONMAN world. Tell us more about your exercise routines?
- 6 What is Executive Loneliness, and how do we avoid workplace isolation?
- 7 What are some of the Mental Health challenges that leaders have faced over the past few years?
- 8 Why don't leaders talk about their Mental Health challenges?
- 9 What's the problem with isolation as a leader?
- 10 What are some symptoms of depression, anxiety, stress, and isolation?
- 11 What's the best way to address these Mental Health challenges?
- 12 What message would you leave with leaders who are listening to this episode and might be struggling?
- 13 Why do you think that executives are reluctant to talk about their stress or feelings of loneliness? Is there a stigma that is making them reluctant?
- 14 What is the best, most successful strategies for opening the door to mental health conversations at work?
- 15 Share the best ways we can engage our leadership in the workplace mental health conversation and have them endorse (and pay for!) a positive culture shift within our organization?
- 16 Let's talk about your book. Why did you write a book about Executive Loneliness?
- 17 You have written a bestselling book on executive loneliness. In it, you outline the 5 pathways for over-coming executive loneliness. Can you take us through them?
- 18 What's the easiest way for our listeners/reader to get a copy of your book, "Executive Loneliness"?
- 19 How can our listeners learn more about you, your company EGN, and your book?



Nick Jonsson



CEO | AUTHOR | KEYNOTE SPEAKER | EDUCATOR

nickjonsson.com

Kind Words and Praises



“ Nick’s message on overcoming executive loneliness is an important one for everyone to hear because the consequences are deadly serious. Nick was his tad and shows that it is not weak, but strong, to ask for help.”

Andrew Bryant
Founder at Set Leadership



“ Of all the keynote speakers to address Mentoring Men, Nick has been the most relevant and engaging, and we look forward to working with him again in this vital area to support mental health in the workplace.”

John Ogier
Director of Learning and Enablement
Total Inter Action



“ Nick’s sharing was very personal and real. He shared useful tips and resources that we have now launched as part of our mental wellness campaign.”

Amanda Lui
Learning and Development
Heinemann APAC



Nick is highly self-motivated; he enjoys participating in marathons and IRONMAN events.

He thrives on the adrenaline of speaking at conferences, seminars, and events and has appeared on radio and television multiple times. I have a son and wife I love and I value traveling, meditating and reading books.

If you're looking for an executive coach, booking me for a keynote or a media interview or like to expand your professional network, get in touch!

Say Hi on LinkedIn!



Book Nick Today!



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