

Seamus Phan

Seamus Phan, based in Singapore, is Asia's leading thinker and practitioner in business leadership, new media and technology, marketing, branding, and wellness, with 30 years of professional and training experience.



Seamus leads in content and technology at McGallen & Bolden Group (<https://mcgallen.com>), an award-winning integrated communications, marketing and training agency of over 2 decades. He is also editor of the agency's award-winning newsroom at <https://microwire.info>. He specializes in digital marketing (social media, digital video, SEO, web development, security, inbound marketing), publicity, and training (leadership, media and crisis communication, sales, and leadership for aviation, found at <https://flightleaders.com>).

Seamus was nearly considered dead during his premature birth, and later developed structural left lumbar scoliosis (with a 50% chance of disability if he went for surgery, and possibly later day disability), severe myopia (technically blind at 1,300 degrees), asthma, and severe allergy. However, through a disciplined life of diet, nutrition, meditation and exercise, he now keeps his medical and physical challenges under control.

He has been inducted in the 500 Profiles in Excellence, humbly amongst the likes of Nobel Peace Prize winner Korean President Kim Dae-Jung, artist Peter Gabriel, "Seven Years in Tibet" movie director Jean-Jacques Annaud, Cardinal Jan Peier Schotte (Sec-Gen of the World Synod of Bishops), futurist Sir Arthur C Clarke, amongst others. He was also a Barons 500 Leaders of the New Century inductee, humbly alongside the likes of Sir Arthur C Clarke and Bill Gates of Microsoft.

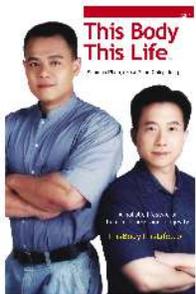
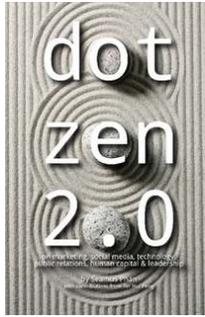


Seamus is a successful entrepreneur in highly specialized fields. He co-founded a boutique consulting firm and a news bureau. Seamus started his entrepreneurial journey as a kid in junior school, where he sold his own "brand" of magic tricks, as well as customized brine shrimp eggs with specialized feeds, and sold to other kids. He taught professionals how to set up their own businesses, in a course "From Employee to Entrepreneur", based on the book "Dot ZEN".

Seamus was the first Asian to be honored as a top business owner and coach by Business Owners' Idea Cafe, a web resource highly rated by Wall Street Journal, Fast Company, Inc Magazine, Dow Jones, SF Chronicle and USA Today. He is a National Speakers Association (NSA) professional member, one of few in his country. He was also featured as a Brainstormer in Seth Godin's "BullMarket 2004" (featured on Fast Company).

Seamus has done extensive radio reporting and TV commentary work with stations such as TechTV, NewsRadio, Capital 95.8 FM, Channel NewsAsia, and CNBC.

Seamus is a recognized author. His book Dot ZEN 2.0 features a compilation of writings, on leadership, branding, marketing, public relations, social media, mobile apps, online video marketing, and human capital. This is a sequel to an earlier book Dot ZEN, co-authored with veteran publicist Ter Hui Peng. Dot ZEN is a leadership and entrepreneurship book aimed at business owners, high-tech startups, knowledge entrepreneurs, and senior business executives, to help them see a whole new way of managing marketing, publicity, public relations (PR), branding, human resources, entrepreneurship, and the use of the Internet, in a non-aggressive, enlightened manner. The book is based on more than 30 years of collective experience between the two co-authors, when serving corporations and clients.



As a researcher and naturopathic philosopher with prior patent-pending graduate research (autoxidation of lipids), he co-authored with brother CJ, a champion bodybuilder, the bestselling "This Body This Life", which was featured in national radio, newspapers, lifestyle magazines, etc. He speaks frequently as an inspirational speaker on conquering physical limitations, mental blocks, and stress.

Seamus earned a doctor of philosophy in business with a dissertation on automated business process analysis with an Internet-based tool, and has done research and study in digital prepress and communication, computer-based training and distance learning. He also completed a doctor of theology program with his dissertation discussing challenges and solutions in evangelism and ministry in culturally diverse locations, with references to Jesuit priest Matteo Ricci and mystic Thomas Merton. He published a book titled "Contemporary Thoughts of an Asian Seminarian" (available in hardcover and paperback, available on Amazon, Barnes & Noble, etc). He also published an experiential workshop pocket book on the Jesuit Spiritual Exercises of Ignatius of Loyola. More recently, he published 2 pocket books, titled "Tweets of a humble pilgrim – a journey of struggling towards God", and another titled "Spiritual Lessons from the Journeys of the Pilgrim", based on the spiritual journey of the anonymous Russian Orthodox monk in "The Way of a Pilgrim", reflections on the advice of Saint Seraphim of Sarov, and the Didache.

Seamus is trained as a Chinese painter, and has rekindled his art after an absence of more than 3 decades after art school. His art can be found on <https://artistaviator.com>. He is a fitness enthusiast, and has learned Muay Thai, Karate (Goju-Ryu), yoga, and is a weight training advocate. He has an interest in aviation as well, dabbling in flight training devices such as B737NG and A320.



Visit: <https://seamusphan.com>

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