



We are “H Squared”



“Human x Human” = possibilities are exponential!”

H means ‘human’ or ‘hito’ in Japanese.

We believe when humans connect, collaborate, and commit, possibilities multiply.

H Squared is a Tokyo-based boutique leadership development and organizational transformation firm founded by **Stephen Parent** (Canadian) and **Mana Tomitori** (Japanese). We deliver experiential, highly interactive (no lecture!), fully customized, bilingual programs for global companies operating across cultures.

- In addition to work experience in luxury brand industry, banking & finance, Steph and Mana have over 20 years’ experience in the Learning & Development world and experience leading diverse teams as large as 150 people
- Working together since 2016 our areas of expertise are Global Leadership, High Performing Diverse Team, Employee Engagement, Creativity & Innovation, Corporate Mission & Vision Alignment
- Over 50,000 participants from over 75 different nationalities
- Programs delivered in the US, Europe, APAC (including Japan) for companies such as The Walt Disney Company, Sumitomo Corporation, Coca Cola, Marugame Seimen (Toridoll), Adobe, LVMH Moet Hennessy Louis Vuitton, Kuraray and more!

Client testimonial:

“Their approach was exceptional—proactive, energetic, and deeply engaging. Each lesson was thoughtfully organized, aligning perfectly with our company’s vision of recognizing human resources as our most valuable asset.

Their dynamic transformed every session into an interactive and inspiring experience, seamlessly integrating us into teams and encouraging collaboration at every step. They didn’t just deliver content; they brought it to life, making complex concepts relatable and actionable. Their ability to connect with all of us, foster teamwork environment, and motivate us to think critically and creatively was a testament to their commitment to our growth and success.

Their guidance was more than instructional—it was a call to action, urging us to bring our best selves forward and contribute meaningfully to our teams and the company. I’m deeply grateful for their expertise, their dedication, and their inspiring way of leading us on this journey of learning and transformation.”

Learn more about us at: <http://hsquaredglobal.com>