

HENRY BOUCHOT

Author, Entrepreneur, Veteran

Biography

Henry grew up in East Los Angeles. He is the son of Latin American immigrants. He became a lawyer and volunteered for the Marines, deploying to Afghanistan. After returning, Henry ran for city council and beat a nine-term incumbent.

He describes his experience in *A Millennial's Guide to Running for Elected Office: How to Get Elected Without Kissing the Ring*. Henry is passionate about helping others interested in running for office and wants to see more capable, authentic candidates from all backgrounds throw their names in the hat.



Speaking Topic

In his speech, Henry discusses how running for and winning local elected office helped him work through the trauma of deploying to Afghanistan and losing his father to cancer. He explains how neurodivergence should not be considered a bar to public office but a tremendous asset instead. He helps young people understand that, to paraphrase Nietzsche, if you have a why you can handle practically any how.

Speech Excerpt

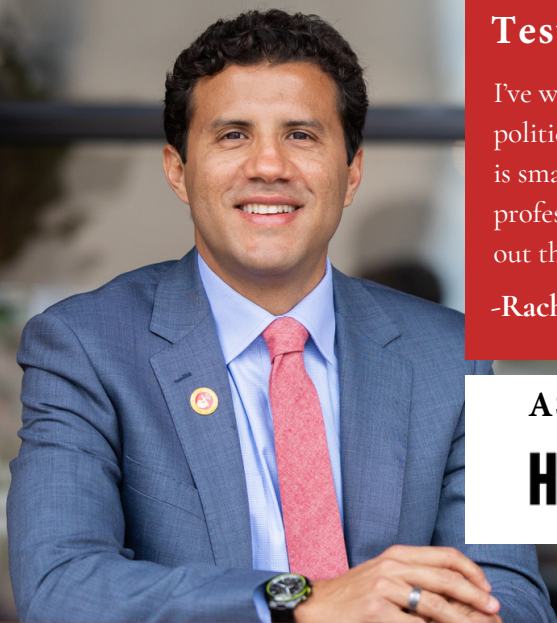
"So, I'm in group therapy at this point. I'm sitting there holding hands looking into another grown man's eyes telling him my feelings, totally uncharted territory for a Marine vet from East L.A. like me. Anyway, after a while, I get the idea that I want to run for political office. These guys look at me like are you crazy? Your father just died of cancer, you've probably got PTSD, and you have two kids under the age of 5.

Generally speaking, in group therapy, people can see your flaws much easier than you can identify them. Except in this one instance, I saw what others couldn't see. And that's if you do it right, public service can actually be healthy for you. I learned that if you serve in the right way, for the right reasons, it's like medicine. In fact, it's better. Because there are no side effects and zero copays."

Testimonial

I've worked with hundreds of actors and coached dozens of politicians. Henry is such an authentic and dynamic speaker. He is smart and witty and truly a breath of fresh air. As a mid-career professional, Henry can relate to young people trying to figure out their life's purpose and help them navigate that process.

-Rachel Bailit, The Lee Strasberg Theater & Film Institute



AS SEEN ON

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