



# Dave Walker Coaching and Personal Development

*Helping my clients lead more fulfilling lives on both the personal and professional fronts*

*You only have one life to live, why not live it to the fullest!*

## WHO I AM

I am an explorer, an idea guy, a storyteller, a coach, a facilitator, a writer, a relationship developer, a truth-teller, a networker, a blogger, a team player, a public speaker and, last but not least, master of my own destiny. I bring passion, enthusiasm and a sense of ha-ha to all of my interactions.

## WHAT I DO

The focus of my business is helping people transform their professional and personal lives. Whether it's achieving passion at work, enhancing time spent on the personal front, mastering leadership or other skills or planning a transition into a new role and eventually retirement, I help my clients lead more fulfilling lives.

## WHY I DO IT

A while back I was seriously rethinking my own career path when a colleague suggested, "Dave, making people better off is in your DNA. You should explore Coaching". At the time, I was in the midst of a significant transformation of my own and had identified a thread of personal satisfaction and engagement: the appeal of working with others to help them grow.

Although the initial objective of my own transformation was very narrow in focus and scope it soon evolved into a desire to lead a fulfilling life on both a personal AND professional level. I was not living that way on either front 5 years ago when I started my journey. I was not alone. Only 12.5% of Americans are passionate about their jobs. Nearly one in three are actively looking to change jobs at any point in time. The statistics on health and happiness on the non-career side are equally discouraging.

Although my transformation started off slowly, it quickly gained momentum. Looking back now, I still can't believe what I have accomplished. With the help of my coach and broader support network, I went from being isolated and depressed to joining a very small group of individuals who are not only passionate about their careers but who also lead fulfilling lives beyond the workplace.

In fact, now when I bump into friends and acquaintances who haven't seen me in a few years, they often don't recognize me. I have physically changed that much (I have gone from an XL t-shirt to a medium in less than 2 years). The biggest change, however (which isn't apparent on the outside), is how I've changed on the inside:

- There is a meaning and purpose to my life that creates a sense of passion in what I do
- I create opportunities to continually develop and evolve into a better person by exploring and learning what excites me, with those who inspire me
- I make the time to develop rich and rewarding relationships with the people I care for and who energize me
- I feel in control of my agenda; I am not rushed; I am not stressed
- And best of all, I have fun doing it all

Although the catalyst and initial focus of my own transformation was on my career quadrant, I soon realized two things: first, that I needed to make changes in the other life quadrants (i.e. my family, my friends, my soul mate and – last but not least – little old ME) because the quadrants are interrelated and, second, that growth in one quadrant does not preclude or have to come at the expense of growth in the others. The theory or "holy grail" of a balanced lifestyle became real and doable for me. That strong link between our professional and personal aspirations is why I decided to focus on both career and life coaching.

In the end, my colleague's insightful observation and the insights from my own transformation helped me crystalize my reflections and make decisions regarding next steps. This thread grew to inform the focus of my current business: helping others successfully undertake this type of life-altering transformation.

After all, life is short. Why not enjoy it to the fullest?

## WHO I WORK WITH

I help my clients undergo transformations in their careers and lives.

The type of transformation will depend on where they are in their career and life journey.

The time we spend together will be dictated by the magnitude and urgency of the desired change and will be unique to each individual. The pace and approach that works best for them.

But, no matter the transformation, my vision is to be there to support my clients when they most need me.

To be with them when they require extra support through the different phases of their career and life journey, which may include any or all of the following:

- At the beginning of the journey, when the focus is on establishing credentials and a solid career foundation
- Mid-journey, when the importance of achieving a balance between career progression and spending time with family and/or on other priorities and passions becomes more of a challenge
- And toward the latter part of one's career, to replace the purpose and social connections of their jobs with other equally fulfilling endeavours outside the workplace

## HOW I CAN HELP YOU

As your coach, my only mandate is to help you achieve your goals and aspirations.

Your agenda is my agenda. I answer to no one but you.

As you firm up your objectives and develop and execute your transformation or transition plan, I will be with you as:

- Your sounding board when making choices
- Your inspiration when exploring the art of the possible
- Your motivation when stronger actions are called for
- Your unconditional support when you take a hit
- Your beacon during stormy times
- Your wake-up call if you don't hear your own

### ***And most important of all***

- Your partner in helping you have all of what matters most to YOU

## MAKING IT HAPPEN

Based on my own experience and the stories of many others, change does not happen overnight.

It is a journey during which both your destination and how you achieve it is shaped as you move forward, one step at a time.

A fulfilling life means different things to different people. What does it mean to you?

If you would like to discuss what leading a more fulfilling life would look like for you and how I can help you along your journey, please reach out to me via [email](#) or phone.



**Dave Walker** MBA, CPA, CMA

**Career and Life Coach**

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## WHAT OTHERS SAY ABOUT ME

***"You have a high connection to being of service."***

***"I really appreciated your energy and support, and how you were so open with me."***

***"I have never seen anyone go through so much change. You walk the talk. Many people just talk the walk."***

***"The 'life quadrants' is amazing. Using this as a tool in any session - either business or life - is an asset. I love having some way to organize my thoughts like this."***

## Strengths

Activator

Futuristic

Ideation

Input

Responsibility

## Current roles

Coach

Facilitator

Mentor

Storyteller/Raconteur

Writer

Blogger

Team player

Relationship developer

Public speaker

Network builder

Entrepreneur

Role Model

## Education

MBA, Concordia (1996)

Coaching, Coach U. (current)

## Preferences

ENTP.A (The "Entrepreneur")

Primary colour: Orange

Behavioural style: Sun

## MY CREDENTIALS

### Designations

CPA, CMA (1996)

Member, ICF  
(International Coaches Federation)

### Prior roles

National CXO Program Director

Global CFO Program Manager

Performance Coach

Executive Transition Lab Manager

Business Advisor

Senior Manager

Intrapreneur

Webinar developer & presenter

Accredited L&G facilitator

Transition Lab Faculty Trainer

Project Manager

### Values

Encourage

Inspire

Be happy

Have fun

Accomplish

### Other

Bilingual (French)

Member N.A. MAC (1999)

Single Parent

### Testimonials

"Coaching is in your DNA."

"You make people better off."

"...High connection to being  
of service."

"Nice disposition. Nice  
attitude. Always positive.  
Always making time for me."

### Attributes

Creator

Passionate

Motivator

Sense of humour

Fun

Powerful integrator

Curious

Honest

Candid

Self-starter

Master of my own destiny

Commitment to domain

Connector

### Prior experience

25+yrs business experience

50+ client mandates

25+ industry sectors

20+ transition labs

500+ webinar participants

50+ practitioners onboarded