



Richard Day – Professional Profile

Personal Purpose:

To co-create inspiration, empowerment, and fun.

Personal Values:

Love, Wisdom, and Peace

Professional Qualities:

- Energy
- Insight
- Strategy
- Passion
- Accountability
- Wisdom
- Leadership
- Responsibility
- Humour



Education:

- Camberwell Grammar School (1971 – 1976)
- Degree in Human Performance (1978 – 1982) Victoria College
- Diploma of Education (1981 – 1982) Victoria College
- Graduate Diploma of Leadership and Organizational Coaching (2018 – 2019) Charles Sturt University

Accreditation:

- Level 1 **IECL** Coaching Accreditation.
- Level 2 **IECL** Coaching Accreditation.
- Level 3 **IECL** Coaching Accreditation.
- Principles of Coaching **IECL** Accreditation.
- Integrity & Values Accredited Facilitator.
- Strengths Profile Accredited Facilitator.
- All Star Teams Accredited Facilitator.

- Myers Briggs Accredited Facilitator.
- Team Coaching Accredited Facilitator.

Professional Memberships:

- Member of International Coaching Federation (PCC)
- Member of Australia & New Zealand Health Coaches Association.

Professional Work Experience:

- Manager of Lifestyle Bourke Street Gymnasium (1984 – 1986)
- Manager of Lakeside Leisure Centre Gymnasium (1986 – 1989)
- Centre Manager of Lakeside Leisure Centre (1989 – 1996)
- Worked as a High-Performance Coach – Nth Melbourne Football Club (1985 – 1988 Contract)
- Worked as a High-Performance Coach for Victorian State Cricket Squad (1986 – 1988 Contract)
- Executive Health Physiologist at HBA (1987 – 1990 Contract)
- Business Partner Performance Promotions (1990 – 1994)
- Lecturer and facilitator at Victoria University (1986 – 2000 Contract)
- Executive Health Consultancy (1990 – 1995. Self Employed)
- Lecturer and facilitator at Weight Loss Leaders Course (1996 – 2004 Contract)
- Life and Business Leadership Institute (1996 – Ongoing) Specializing in Self-Leadership, Leadership and Team Dynamics.
- International Coach with CoachHub (2022 – Ongoing)

What I Bring:

- I am articulate, confident, and a visionary leader and team builder.
- I am committed to achieving exceptional personal and business performance.
- I have personal integrity and am able to communicate to deliver outcomes to diverse teams and people.
- I am dependable and reliable in supporting and enabling genuine long-term sustainable personal and professional partnerships.
- I am highly principled with my standards and behaviours.
- I have a contagious sense of humour, fun and innovation.
- I communicate clearly and respectfully and enjoy collaboration.
- I bring energy and enthusiasm.
- I have a strong personal commitment to wellness and health.

Professional Focus:

- I have worked extensively in the following industries both as a speaker, facilitator and business and life coach, consultant, and a business advisor.
- I have over 25 years' experience as a coach, facilitator, speaker, and consultant to directors, senior executives, and chief executives across a wide range of industries:
 - Aviation.
 - Advertising.
 - Administration.
 - Manufacturing.
 - Hospitality.
 - Financial Investment.
 - Recruitment.
 - Real Estate.
 - Health and Fitness.
 - Software and IT.
 - Local Government.
 - Elite athletic performance
 - Charitable organizations
 - Marketing.
 - Defence and Navy.
 - State Government (Dept of Education)
 - State Government (DEET)
 - Infrastructure.
 - Retail.
 - Construction.
 - Accounting and Business Analysts.
 - Investment Banking.
 - Fund Management.
 - Higher Education.
- Chairperson: Stop One Punch Can Kill (Stop Street and Social Violence Charity) 2018 – 2023

Personal Details:

- Richard Day
127 Rankins Road,
Kensington. 3031

Mobile: 0418177868
Email: potentialist@icloud.com
Web: www.richardday.com.au