

Michael Ballard

President & CEO at Resiliency for Life

Toronto, ON, CA

I help people gain the insight to be inspired, key skills to manage and lead, and an easy to understand process to create success.

Biography

I specialize in helping people learn how to stretch in the face of life's upsets and adversity to create more positive outcomes. They gain an understanding of the process and the factors that can deepen their capacity to thrive. They end up taking greater ownership over themselves, the journey and their outcomes. I help people build their resiliency and develop their potential for more positive outcomes.

I've learned that people don't need to be motivated. They need perspective to be inspired, the key skills to manage, and a process they understand to more successfully work through the turmoil.

Availability

Keynote, Panelist, Workshop, Host/MC, Author Appearance

Industry Expertise

Professional Training and Coaching, Health and Wellness, Human Resources, Management Consulting, Mental Health Care, Events Services, Talent Management, Education/Learning

Areas of Expertise

Resiliency, Self-Leadership, Stress, Mental Health, Productivity, Engagement, Adversity, Negative, Relationships

Sample Talks

How to Bounce Back from Almost Anything

One concussion, one chronic illness, robbed by a motorcycle gang at 18, and three brushes with death due to two bouts of cancer have not slowed Michael Ballard down.

If anything he's learned how to bounce back better after each of these challenges.

Seven key insights to be inspired

Five key skills to help you manage and lead

Three vital skills that help you recharge, connect and stay safe

The life long process that creates more success.

Event Appearances

Title

Rights, Roles and Responsibilities©

Title

Resiliency for LIfe©

Title

Relationships for Life©

Title

Rights, Roles and Responsibilities©

Title

How to have a Vital Career ~ Career Vitality Centre IBM

Title

3 Essential States of Being ! Imagine Yourself

Education

Humber College of Applied Arts and Technology

Marketing

University of Toronto - Ontario Institute for Studies in Education

Certified Trainer True Colors Faciltator Level III Personalities and Productivity

Coaching Association of Canada

Coaching Certificate Coaching Level One

Career Life Resouces Inc

Personality Dimensions Faciltator Certificate Personality Dimensions Dealing with Different Personalities

University of South Florida

Compassion Fatigue Certificate Compassion Fatigue Certificate

The McQuaig Institute of Executive Development Ltd.

The McQuaig System Certification Programme Personality Profiles Certificate McQuaig System Certification Programme Personality Profiles

Accomplishments

Case of Distinction Award

The Case of Distinction was established in 2003, set up by former KCSS King City Secondary School alumni, current and former staff to honour former students who have distinguished themselves through their outstanding achievements and by making positive contributions to their communities, country or the world.

<http://www.kcssalumni.com/CaseofDistinction/Introduction.aspx>

[Please click here to view the full profile.](#)

This profile was created by [Expertfile](#).