

Benefits of coaching

- Increased self-awareness
- Improved confidence
- Recognition and overcoming of obstacles
- Renewed motivation
- Sustainable change
- Strategic planning
- Clarified focus and values
- Improved relationships

Special Offer

- As a special introductory offer, any 3 or 6 month contracts signed before September 26, 2008 will be discounted by 25%.

For more information:

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What is Coaching?

We all understand and have seen the benefits of coaching as applied to sporting. It is also a key component for developing leaders, working with teams, and helping individuals at every level achieve their personal and professional best.

Coaching is not about going to an expert for advice. Coaching is an alliance between two equals for the purpose of meeting the client's needs. This relationship involves a collaborative participation of both parties. Through the process of coaching the client is effectively empowered to find their own answers. The coach supplies encouragement and support on the path as the client continues to make important choices. I believe that coaching is chiefly about discovery, increasing self-awareness, and choices.

With the help of your coach you will clarify your values, set measurable and attainable goals, find better life-balance, and increase your ability for self-care and self-management.

Instructor: Major David McCann

David has been working with people to help them bring out their best for most of his adult life. Following 10 years of teaching in the Public School system in Quebec, David was trained and became a Salvation Army Officer where he served in a varied assortment of roles for 28 years before taking an early retirement. During his years of service David has been a pastor, church planter, denominational executive, editor, director of Pastoral training, and Regional Director of Church programs for The Salvation Army.



In 1998 he began actively coaching Salvation Army leaders. In 2005, as an assignment for the Executive Leadership Course given by Simon Fraser University, David and a co-worker developed a course for training coaches and establishing coaching networks.

In retirement, David continues his teaching and preaching ministry, but has also established himself as a trainer / coach for Emotional Intelligence. He has taught this material both in the Corporate World, and to Churches. He is currently the owner of David McCann, Coaching and also works in areas of consultation, and translation.

David is married, and with his wife Susan, has two sons, John and Joshua.