



Empowering and Motivating You to Succeed!

Michael H. Ballard's Profile

Travels from: Toronto, Canada



Professional Speaker, Workshop Leader and Columnist

Michael H. Ballard gets people inspirited. He shares with them the tools to become more effective. And he assists them learn how to develop a stronger personal focus and stay balanced in the process. Michael started off sharing the lessons he learned over twelve years ago. This was after he learned that each of us has a far greater capacity to grow than we realize.

Before becoming a professional speaker and workshop leader Michael was a high performance professional with an international packaged goods firm, moving up 5 positions in his first 7 years while moving 5 times. He has been featured on the Canadian Television Network, Canadian Broadcasting Corporation, CITY TV, and on dozens of radio interviews across North America. His clients have included: Bell, IBM, Saskatchewan Health, Ontario Hydro, Certified Management Accountants, Big Sisters (Belleville) and Dalhousie University Medical Faculty.

Michael is known as a **SME** (subject matter expert) on the subject of Resiliency. He works coast to coast in North America and from Bermuda to Singapore. His message will inform you, uplift you, inspire you and leave you with a new and more effective understanding of what it takes to develop more Resiliency.

People who share time with Michael and hear him speak find they go away with actionable and useable information.

He is a dedicated volunteer who has spent a considerable amount of time with:

- The United Way of Quinte as both a board member and a front line volunteer.
- The Canadian Cancer Society for volunteer recruitment, one-on-one counseling and door-to-door campaign's.
- The Red Cross (Ontario Division) as the NGO to assist with the Kosovar relief effort in the Quinte region for 800 refugees who called the Quinte region home for three months.

Michael lives in Toronto Canada. He enjoys roller-blading, bike riding, reading, baking bread, snorkeling, piano playing, the blues and barbecuing!

Specialties: self-leadership, vision and values, relationship building, self-management skills and emotional awareness and development.

Target Audience: Organizations; Professionals; Support Staff; Suppliers; Educators; Patient Support Groups; and Children.

Topics Include:

Resiliency for Life®

– Keynote, Seminar, Workshop, Workshop & Site License

Having overcome three devastating health issues Michael proves that unexpected changes can offer incredible new starting points.

- Learning how to Bounce Back and Thrive!
- Discover how to improve our outcomes with resilience
- Experience how resilience increases the quality of our life!
- Understand the everyday process that creates and builds resiliency
- Uncover beliefs that build or bind your happiness and success
- Understand how resilience impacts happiness, productivity, safety and so much more.

Please Call for Fees

Testimonial:

“Michael's message was exactly what our group needed to hear.”

**Lise Allin, B.Sc., M.P.A., CLU, Ch.F.C., CFP
President, Belleville**

For Further Information or to Book CONTACT:
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