



# Executive Lifestyle Management & Corporate Services

Andrew Bowerbank

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Profession  
[ Craft ]

Lifestyle  
[ Spirit ]

Health  
[ Mind ]

Fitness  
[ Body ]

Drawing from his breadth of experience and accomplishments, Andrew Bowerbank can provide strategic advise and specialized training for personal & professional development – offering clients a clear direction to achieve goals, and maximize potential.

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## Executive Advisory

Andrew can work with executives to augment their expertise and optimize their corporate objectives.

Through strategic planning, leadership development, and solutions for work-life balance, he can ensure a harmonious integration of personal and professional objectives.

By addressing all aspects of life, executive clients will be able to hone their natural instincts for leadership and empower teams to thrive in a growing competitive landscape.

## Career & Lifestyle Coach

Andrew believes a successful career is a journey that can only be realized through balance. Professionals need to establish a path forward that is grounded in holistic principles of performance.

Through personalized guidance and tailored plans, Andrew can empower individuals to build on their skills for career advancement. He can also work with clients to enhance their physical & mental well-being by adopting routines that can cultivate healthier lifestyles that align with their personal values and professional aspirations.

## Corporate Development

Andrew has a built a reputation for his ability to identify trends poised to disrupt markets, and implement strategies that create opportunities for industry leadership.

As a result, he is able to bring new perspectives to corporate objectives, work with executive teams, and facilitate planning sessions to establish a clear path towards long-term success.



# About Your Coach

Andrew Bowerbank

**Andrew** is an accomplished executive, well known across sectors as a leader who can drive solutions to our most pressing challenges. He has built a distinguished career that bridges the worlds of business development, craftsmanship & design, and athletic performance, showcasing his diverse expertise and commitment to excellence.

Professionally, His work developing new strategies in response to the latest market trends has been very rewarding, and he enjoys working closely with industry leaders across Canada and around the world. He has had great success developing turn-key operations for local and multinational organizations, new divisions for large corporations, as well as start-up strategies for small to medium-size enterprises.

He was named one of Canada's top 16 sustainability leaders through the "Clean50" Awards, he is also the recipient of the prestigious Ontario Premier's Award, and was recently named "2023 CEO of the Year" by CEO Monthly Magazine.

Andrew's contribution to athletic performance is driven by his commitment to excellence. In his youth, he trained tirelessly to achieve his goal of becoming a gold medal national champion. Later in life, as a Canadian National Certified Sports Coach, he leveraged his extensive knowledge and experience to mentor athletes at the highest levels of competition, including his role as an athletic coach for the Pan American Games.

Beyond his professional achievements, Andrew is committed to promoting a holistic approach to fitness and well-being. His expertise in traditional Japanese martial arts is particularly distinguished; his life-long dedication, discipline, and skill was honed through a year-long sojourn to Japan to deepen his understanding of the culture and traditions of the martial arts.

Today, he integrates physical training, nutrition, and mental health, ensuring a balanced path to personal wellness and professional success. Andrew's journey is a testament to the power of passion, perseverance, and mindful living. His expertise spans across sectors, making him an ideal guide for executives seeking holistic growth and fulfillment.

# Now it's all about "you 2.0"

Through an initial evaluation session, Andrew can work with you to review your interests and set a path for advancement. Together, you will design a strategy that can work with your schedule.

The objective is simple and direct: Craft a plan for success, balancing professional goals and personal needs for a rewarding lifestyle.

<div>Profession</div> <div>[ Craft ]</div> <div><ul style="list-style-type: none"><li>• Personal branding</li><li>• Business planning &amp; strategy</li><li>• Public speaking</li><li>• Skills development</li><li>• Change management</li><li>• Innovation &amp; creativity</li><li>• Team building &amp; advancement</li></ul></div>	<div>Lifestyle</div> <div>[ Spirit ]</div> <div><ul style="list-style-type: none"><li>• Time management</li><li>• Prioritizing interests</li><li>• Work/life balance</li><li>• Fashion, style &amp; appearance</li><li>• Enhancing social skills</li><li>• Strengthening networks &amp; relationships</li></ul></div>
<div>Health</div> <div>[ Mind ]</div> <div><ul style="list-style-type: none"><li>• Mindfulness &amp; Well-being</li><li>• Stress management</li><li>• Holistic approaches to health</li><li>• Motivation &amp; mindset</li><li>• Building resilience &amp; adapting to change</li></ul></div>	<div>Fitness</div> <div>[ Body ]</div> <div><ul style="list-style-type: none"><li>• Fitness tracking &amp; goal setting</li><li>• Diet &amp; nutrition</li><li>• Performance training</li><li>• Kinesiology &amp; athletics</li><li>• Flexibility &amp; mobility</li><li>• Vitamins &amp; supplements</li></ul></div>