



Craig Dowden, Ph.D.

Peak Performance Coach, Author and Speaker: Helping his clients develop, engage and optimize their talent.

Craig Dowden, is a Certified Positive Psychology Coach, and holds a Doctorate in Psychology, with a concentration in Business. An engaging and inspiring coach, Craig partners with leaders and executives from diverse industries and sectors to work on their most important challenges. In his role as a trusted advisor, Craig integrates the latest findings in the science of leadership, team, and organizational excellence into his coaching and consulting work.

Craig is a dynamic presenter who connects with his audience through his passion and his knowledge. Participants have described his presentations as inspiring, and often highlight how energized they feel after his sessions, as they come away empowered with strategies they can implement immediately within their workplaces. Audience members also frequently share their appreciation and respect for the scientific foundation of his ideas.

Craig has been asked to share his thought leadership through articles in leading HR and business publications, including the *Huffington Post (U.S.)*, the *Financial Post*, as well as *Psychology Today*.

His work has also been featured in *HR Professional*, the largest HR magazine in the Canada. He has also contributed pieces to *Canadian HR Reporter* (the national journal of Human Resource Management), *Canadian Manager* (the quarterly publication of the Canadian Institute of Management), *Your Workplace* (a national publication focused on highlighting the characteristics of healthy and positive work environments), *Canadian Government Executive* (a national publication that is sent to all executives working within the Canadian federal public service), as well as the *national newsletter of the Institute of Professional Management*, one of Canada's largest training and accreditation organizations.

His reputation as an emerging thought-leader has resulted in radio and television appearances. He has been featured as a guest expert on a local FM radio program and he also appeared on the W network as an expert on dealing with the emotional aspects of career transition. He is routinely asked to be the keynote speaker at large conferences/events/retreats to share his knowledge on the topics relating to how to achieve individual, team, and organizational excellence.

In 2009, Craig was recognized as one of *Ottawa's Forty under 40 business leaders* by the *Ottawa Business Journal*. Individuals under the age of 40 who "exemplify leadership, entrepreneurship and community building" are selected using three criteria: career accomplishments, professional expertise as well as community and charitable involvement.