



## Richard Day



Richard Day is a dynamic Professional Speaker, Corporate Facilitator and a successful Life and Business Coach and has been working within the Leadership, Business Management, Health and Personal Development industry for twenty five years, both nationally and internationally.

He has a Bachelor's Degree in Education and is a member of the Australian Association of Exercise and Sports Science and the International Coaching Federation. Richard is also a member of the National Speaker's Association of Australia and holds the distinguished APS accreditation award. He is currently the Life and Business Coach for the Australian Institute of Management as well as being a Speaker and Coach for ProMange Partnership International.

Richard is an accredited Myers Briggs Type Indicator (MBTI) facilitator and trainer and is fully qualified to administer and interpret the questionnaire to both teams and individuals.

Richard is the Managing Director of the "Life & Business Leadership Institute" a successful consultancy specialising in the following areas: Life and Business Leadership, Change Management, Stress Management, Assertiveness Skills, Life and Work Balance, Health Management, Mediation and Goal Setting.

His experience in the design and structure of corporate and self-leadership seminars and programs and individual business success strategies has resulted in him presenting on these topics and others at International, National and State Conferences since 1989.

Richard is also strategically aligned with another company "Crocodiles not Waterlilies" that specialises in behavioural and organisational change management. He is a seminar leader with the Australian Institute of Management in Self-Leadership and Team Dynamics, Stress Management, Time Management, Assertiveness Techniques, Work Life Balance, Effective Communication and Conflict Resolution. This expertise allows him to offer a complete life and business coaching consultancy for both business and individuals. He has consulted with many companies and organisations in these areas and is well aware of the importance of

these skills in successful business management. He also sits on an advisory board of directors for Lincoln Indicators a leading stock and share market software analysis company that operates both nationally and internationally.

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**Topics:** Business, Change Management, Closing Conference Speaker, Communication, Facilitator, Goal Setting, Health, Leadership, Management, Opening Conference Speaker, Personal Development, Time Management, Wellness and Wellbeing, Work Life Balance

**Travels From:** Victoria

**Fee Range:** <\$5,000+GST

**Podcasts by this speaker**

[Richard Day "Self Leadership"](#)