

David Cain



E-Colors:

Green / Blue

Current position:

Senior Coach

When I joined Equilibria:

July 2010

Why I joined Equilibria:

As a leader, a student and a coach, I'm fascinated by human and organizational performance potential and have dedicated myself to helping others discover and realize their own potential. I began a personal leadership journey over 30 years ago when someone first pointed at me and said, "You are in charge." Since that day, I have been studying the art of 'being in charge.' As my journey continues, I have discovered that Equilibria is built on many of those same values, making it a perfect fit for me.

My Professional Background:

I have had the pleasure of a career learning production operations in Fortune 500 companies such as Quaker Oats, General Mills and Coca-Cola in union and non-union environments.

In the course of that career, I learned that there is a difference between the words 'supervision' and 'leadership'. Thanks in part to the resources provided by those large companies as well as a deep desire to learn, understanding the art of leadership has been an ongoing journey and continues in earnest to this day.

It became clear to me that practicing leadership was exceptionally fulfilling as measured by improved results through people. I learned that 'my people' could produce anything they set their mind to, because we had co-created the ideal culture. The natural evolution of this journey was to evolve into a role as an Equilibria coach that would enable me to share a career of learning's with others so they too could produce those improved results through their people.

My educational background:

BA – Telecommunications; Indiana University, Bloomington
Master of Organization Development; Bowling Green State University, Ohio

My family and general interests/hobbies:

My wife Shelly and I have been married almost 10 years and we have a blended family including five children and a pug named Riley. We live in northwest Ohio where we are able to enjoy our extended family across the Midwest. We both come from military families and I served on active duty in the U.S. Navy for 6 years.

Shelly and I enjoy traveling and have great plans for future adventures together. Between us, we enjoy roller blading, bicycling, swimming and golf



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