



## ABOUT STEVE

Described by my colleagues as having high intellect and high integrity, my closest friends would add serious and deeply thoughtful, but also whimsical, light-hearted, and fiercely generous and kind.

As a man of faith, I operate from a deep and abiding sense of commitment – to my family, community, and an ever-expanding sphere of concerns where I might make a substantive and lasting impact. While described as a leader, I only really care about making a difference.

*Giving, and giving generously, is my 'Why'.*

## CATALYZING CONCERNS

- ✓ Leader-Leader cultural transformation (giving command & releasing control) to eliminate the Leader-Follower Model
- ✓ mentorship, and coaching the next generation of servant leaders *from within* business & local communities
- ✓ fierce advocate for virtuous character development & emotional wellbeing
- ✓ driving Dignity, Equality & Inclusion (DEI) by honoring our commonality while respecting our diversity #99.4
- ✓ being a force of nature for the community concerns of mental health, addiction disorders & homelessness

## CONTACT INFO

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# STEPHEN S. BARNARD

RECOVERY COACH | MENTOR | SERVANT LEADER

## BUSINESS LEADER, RECOVERY COACH, OUTDOOR ADVENTURE GUIDE

### LEADERSHIP

- ✚ >33 years as a successful technologist & business leader – highly-skilled with business management, strategy execution, and leadership development
- ✚ Trusted advisor to executive decision-makers and thought-leaders – strong business leadership & success acumen
- ✚ Voracious lifetime learner, current with how people, process & technology drive business transformation & shape community
- ✚ Mature mentor & coach – servant leader inside-out – relentless advocate for Gen-Y and Gen-Z development and maturation

### ADVENTURE

- ✚ Accomplished outdoor adventure enthusiast and semi-professional guide; 25 years of climbing, biking, hiking, etc.
- ✚ 15 years guiding climbing, mountain biking, canyoneering, & back-country primitive travel (Wilderness First Aid certified)
- ✚ 25 years as an accomplished rock climber – trad, sport & bouldering – comfortable guiding & teaching all aspects, especially safety protocols & techniques
- ✚ Skilled technical mountain biker (cross-country & downhill)

### RECOVERY

- ✚ >15,000 days of continuous sobriety (42 years) from drug & alcohol addiction – skilled with co-occurring addictions
- ✚ Skilled 12-step sponsor, mentor & coach, but also strong advocate for Multiple Pathways – I have a unique focus on narratives and how false beliefs create unwanted habits
- ✚ Strong advocate for the neurobiological approach to addiction treatment - neuroplastic habituation re-programming as a function of reward pathway abuse

### COACHING

- ✚ Master Life Coach – ICF-recognized Professional & Master Life Coach accreditations (Certified Life Coach Institute)
- ✚ CCAR-trained Recovery Coach – active in recovery coaching communities – recovery content creator & thought leader
- ✚ Bachelor's in Psychology – graduated summa cum laude in August 2024 (Univ. of Phoenix) to augment my understanding of biopsychosocial & spiritual contributors to addiction
- ✚ Life & Recovery Coach – passionate about helping people see through and reframe the stories preventing them from exploring, discovering & reaching their fullest potentials

## PERSONAL PASSIONS & INTERESTS

faithful husband & father | loyal friend | community volunteer | accomplished musician | aspiring chef | passionate & committed to helping people create breakthrough personal & professional growth