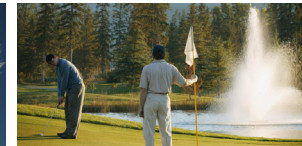




James Fries, TRANSITION COACH

For the past 20 years, Jim has worked with people to help them unlock their potential and realize their dreams.

Applying theoretical knowledge and life experience to managing the challenges of transitions has, out of necessity, become a passion of Jim's.



Jim brings a unique perspective on personal growth and development that has evolved from his diverse professional experience in the public, private, and non-profit sectors, as well as his own personal journey. Over the years, Jim has had the opportunity to learn a great deal from his experience as a husband, a father, and a grandfather. Using a combination of life experience with a solid framework for understanding the transition to retirement, Jim is well positioned to work with clients as they seek to establish their retirement goals and create innovative and practical strategies for the future.

Over the years, Jim has worked as a transition coach with people of all ages in many different industries including oil and gas, power, forestry, small business and the non-profit sector. His approach is pragmatic and emphasizes the importance of goal setting, clear communication, personal development, and self awareness.

Jim holds an M.A. in Applied Behavioral Sciences from City University/LIOS in Seattle and an Honours B.A. in Sociology from the University of Calgary. In addition, Jim is a graduate of the Hudson Institute of Santa Barbara's Coach Certification program and holds the Associate Certified Coach (ACC) designation, a Certified Human Resource Professional (CHRP), and member of the International Coaching Federation and the Calgary Professional Association of Coaches.