



## David Papa

A font of knowledge about human happiness and wellbeing

### Overview

David teaches, writes and coaches, focusing on well-being, happiness and expanding consciousness to help people love their lives and support the evolution of humanity into the beautiful society we know is possible. So many people have reached success but feel like something is very off in their lives. With the 3 Spirits Coaching system, David helps people rebalance their time, their emotional state, and their personal expression so they can fully enjoy the life they've worked hard to create and inspire others in the process.

Following his early career in media and marketing, David built on his passion for supporting personal transformation, and he's coached and trained hundreds of people. He's supported entrepreneurs build purpose-driven brands, executives unlock new solutions to old problems, large organisations build internal coaching cultures and more. His approach is based on his deep understanding of how humans work, how coaching works, and how we can all use this knowledge for transformation.

### Location

Czechia

### Languages

English

### Specialties

Leadership and executive coaching, personal transformation, wellbeing, coaching culture, creativity, communication, change.

### Clients

David has worked extensively with entrepreneurs, Fortune 500 corporations and international organisations in industries such as financial services, pharmaceuticals, professional services, retail, shipping & logistics, technology and telecoms.

### Training & Qualifications

- Personal Resilience Coach (Resilience Alliance)
- Team facilitation (Schechter Consulting and Emory University Goizueta Business School, USA)
- Team Synergy (Resilience Alliance)
- BA in Speech Communications and Honors in English Composition (Pennsylvania State University, USA)
- Master's in Business Administration (Emory University, USA)