



# LIFEWORKS

## COACHING & DEVELOPMENT INSTITUTE



### EXECUTIVE COACH INFORMATION SHEET

## DR. DAVE FERRUOLO, BA, MSW, EDD

#### SHORT BIO

Dr. Dave Ferruolo is a performance-focused coach who brings a rare combination of military experience, entrepreneurial success, and advanced academic training to his work. A former Navy SEAL with more than 40 years of business leadership, he has built and led multiple companies while maintaining a long-standing coaching practice that began in 2003.

Dave's coaching style is direct, structured, and grounded in real-world experience. He supports clients in strengthening clarity, discipline, decision-making, and personal effectiveness. His work is influenced by decades of professional leadership, advanced study in human behavior and organizational development, and a personal commitment to resilience, purpose, and continuous improvement.

Clients describe Dave as steady, straightforward, and deeply committed to helping people operate at a higher level. He focuses on accountability, values-aligned goals, and practical strategies that help individuals move forward with confidence and precision. As an author, educator, and long-time leader in the fields of performance and personal development, he brings a strong, balanced presence to every session and works with clients who want meaningful, measurable progress in their lives and careers.

[www.LifeWorksCDI.com](http://www.LifeWorksCDI.com)

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**(603) 556-4360**

#### EDUCATION

**Bachelor of Arts in Psychology**  
*Southern New Hampshire University*

**Masters of Clinical Social Work**  
*University of New Hampshire*

**Doctorate of Education in Leadership**  
*Plymouth State University*

#### COACHING SPECIFICS

- Performance, Discipline, and Goal Execution
- Leadership Development and Decision-Making
- Stress Navigation and Personal Stability
- Values-Aligned Planning and Purpose Work
- Confidence, Presence, and Personal Effectiveness
- Identity Growth and Life Transitions
- Mindfulness and Awareness Practices
- Eastern and Buddhist-Informed Perspective Work
- Transpersonal and Meaning-Oriented Coaching
- Experiential and Applied Learning Processes

#### AGES

- Young Adults
- Adults
- Elderly

#### POPULATIONS

- Individuals
- Couples
- Group Coaching

#### COACHING FRAMEWORKS

- Action-Focused Coaching and Accountability Systems
- Purpose-Driven Planning and Direction Setting
- Growth Mindset and Psychological Flexibility Models
- Mindfulness-Based Coaching Approaches
- Transpersonal and Human-Potential Frameworks
- Experiential Learning and Reflective Practice
- Values-Clarification and Internal Alignment
- Eastern Philosophy and Presence-Centered Methods
- Resilience and Performance Optimization Strategies
- Meaning-Making and Identity Development Models
- Strengths-Based Personal Development