

DAVID JOHNSTON

EXECUTIVE COACH · AUTHOR · KEYNOTE SPEAKER



“The best leaders don’t outpace the storm. They anchor themselves within it.”

David Johnston helps CEOs and senior leaders trade reactive urgency for sustainable rhythm. Author of *CEO Cadence* and an executive coach who has spent decades working alongside top leaders, David delivers grounded, practical keynotes on the inner work of leadership — the pressures the org chart never shows, and the cadence that carries leaders through them.

SIGNATURE KEYNOTES

CEO Cadence

The Inner Rhythm of Leaders Who Last

The flagship talk. The four movements — Awareness, Clarity, Commitment, Cadence — and why the answer to a faster, noisier world is not to accelerate. It is to anchor.

The Weight of the Role

The Psychology No One Briefs You On

Inside the hidden psychological architecture of senior leadership — and why the weight is a structural reality of the role, not a personal shortcoming.

Steady in the Storm

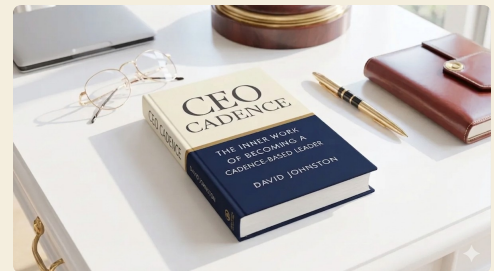
Decision-Making, Crisis, and the Leader the Room Orients Around

What distinguishes leaders who decide well under pressure: clarity over certainty, the intentional pause, and a communication cadence that steadies the system.

The Sustainable Executive

Capacity, Recovery, and Leading Well for the Whole Tenure

Personal sustainability as a governance issue — a depleted CEO is an enterprise risk. Commitment versus overcommitment, and a pace that is designed, not defaulted.



CEO Cadence: The Inner Work of Becoming a Cadence-Based Leader

Launching September 2026 · Bulk-purchase options available for events — a book for every attendee is a popular conference format.

Published by Human Capital Development Inc.

FORMATS

- Keynote (45–60 min, in person or virtual)
- Half-day executive workshop — Cadence framework deep-dive
- Board / executive-team private session
- Conference breakout + book signing

AUDIENCES

CEOs & C-suite · executive teams · boards · associations · public sector & healthcare leadership · emerging leaders

MBA, Leadership specialization · Certified Executive Coach (CEC), Royal Roads University · Certified Health Executive (CHE) · Founder, Human Capital Development Inc.