

DAVID ROUX

ACADEMIC LIFE COACH

DAVID ROUX COACHING, LLC | SPEAKER



"My vision is to see students navigate life with a strong sense of who they are and where they are going." David Roux

David graduated with honors from the University of North Dakota with a BA in Music. Upon graduation, he and his wife, Stephanie, joined the staff of Cru – an international missions organization focused on engaging college students' spiritual life.

While on staff with Cru, David experienced many roles that developed him as a leader. Those experiences included late night conversations with college students, mentoring students, leading summer missions programs, touring as a rock drummer (yep!), leading a creative communication department, and taking on the role as the Leadership Development & HR Director for a division of Cru.

David's 18 years of experience working with students opened his eyes to some specific needs they have today. Students are stressed academically & relationally, distracted, lacking self-awareness, unsure of their own purpose & direction, and lacking important life skills. David's vision is to see students navigate life with a strong sense of who they are and where they are going. As a student discovers those two things, he or she will gain more confidence and hope about their future. As a certified Academic Life Coach, David works with teens and young adults to empower them to take ownership of their personal and academic success through positive decision-making, strategic goal alignment, passion identification, and discovering trademark values that design their future.

About David Roux Coaching, LLC:

The Academic Life Coaching (ALC) program works because David coaches one-on-one with each student and individually tailors the program for him or her.

Teenagers will learn skills that help them get better grades with less stress because they understand their learning and thinking styles. As self-awareness and confidence rise, stress levels go down. They get more organized because they learn their motivational style and tools to develop effective personalized systems. They create successful college applications because they demonstrate a strong Emotional Intelligence and Personal Fluency, which college admission officers are looking for. In addition, teenagers will understand their personality better which may help in determining a major. The bottom-line is that students in the Academic Life Coaching program demonstrate more leadership and become more proactive in their lives.

The Academic Life Coaching program is so effective because the action plan doesn't just come from the life coach. The coach and the student design the action together. Students follow through with more success because they have designed the actions that they want from concepts and principles informed by David. Students own the success and understand how to apply the principle to other areas of their lives.



TESTIMONIALS

"We give so much to our kids all the time. Most of what we give we do not see the dividends right away, and it may never come to fruition. But Academic Life Coaching with David is a gift to our teenage son that has positively changed who he is now and will continue to give a return on the investment as he pursues his college career and beyond. Thank you David for making a visible change in our kid who already was a great young man, now even better."

Kristi (parent)

"Working with David was a positive experience. My husband and I saw our daughter grow in empathy and compassion for others. She began practicing the art of putting herself in other people's shoes and listening first. The other area she grew in was self-awareness. She loved that she could put words to who she was as a person and really own it. She developed greater clarity of who she is and where she is headed."

Mary Beth (parent)

"Through this program, David is helping me become even more self-aware. As a result of that self-awareness, I am improving in my relationships with people, and I am learning what I want to do in college."

Emily, ALC Client, Class of 2015

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