

## David B. Bohl in Detail

### Contact Information

Reflections Coaching LLC  
Slow Down FAST™  
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### Current Job Activity

Customize personal development strategies that foster cooperation, communication and collaboration. Align employees toward a common goal and empower each individual with the tools to attain the highest level of personal effectiveness possible. Infuse proven coaching techniques to increase employee morale and positively and significantly improve sales performance for the organization.

### Attributes and Benefits

Business Builder, Developer and Strategist  
Knowledge of Organizational Structure and Management  
Motivator, Facilitator and Team Builder  
Excellence in Interpersonal Relationships  
International Business Expert  
Certified and Established Coach and Business Consultant

### Achievements

**Reflections Coaching LLC – Hartland, WI and Worldwide                      2005 – Present**  
**Owner, Personal Coach, Managing Member**

*Designed and implemented the [Slow Down FAST™](#) (SDF) strategy - a multi-pronged, fully customizable, coaching and motivational framework designed to help individuals and teams reach their full potential while they successfully balance and managed their professional and personal lives. Used effectively, the process enhances productivity, efficiency and effectiveness in all aspects of life.*

#### **Key Achievements:**

- Launched and grew successful life coaching and business consulting practice that currently serves clients in the U.S., U.K., and Australia.
- Developed and integrated the Slow Down FAST™ Process - a core coaching component that motivates individuals toward higher levels of achievement.
- Designed and applied a multi-sensory learning approach and "self-coaching" method based on Slow Down FAST™ initiative. Educational materials include visual and auditory methods in the form of written motivational guides, teleseminars, and speaking events.
- Worked closely with clients in the areas of personal development, identification of strength and talent, defining and refining personal objectives and establishing realistic goals and goal setting strategies.

- Successfully launched, managed and currently maintain all web-based marketing materials associated with the Slow Down FAST™ coaching process and supplemental products which includes website, online e-commerce center and social-media based networking, coaching and motivational themes. The SDF blog currently ranks in the top 15,000 blogs in the world out of an estimated 80 million.

**High Street Capital, L.L.C. – Chicago, IL**  
**Operating Partner**

**1997 – 2005**

*Served as partner in \$40 million private equity firm that acquired, recapitalized, and provided growth capital to middle market businesses. Member of decision-making team that founded business enterprise, including shaping organizational structure, operating documents, and strategic campaign. Worked to support experienced management teams and executives in providing operating proficiency and strategic counsel from introduction through assimilation.*

**Key Achievements:**

- Combined with partners to secure \$20 million in private equity funds to launch High Street Capital.
- Participated to recapitalize MST Analytics, the U.S.'s No. 2, and world's No. 3, manufacturer and distributor of gas detection products, from presentation to investment integration.
- Contributed to acquisition of The Store Room, a provider of full-service air-controlled self-storage facilities with locations in four major Florida cities.
- Facilitated the restructuring of High Street Capital to allow a change in ownership.
- Formed relationships with banks, attorneys, accountants and auditors, intermediaries and management teams
- Offered on-site analysis of operations, management, and key-employees of businesses considered for investment.

**KC-CO II, L.L.C. – Chicago, IL**  
**Partner**

**1995 – 1998**

*Led effort to reacquire privately held securities trading firm from S.G. Warburg Holdings Ltd. upon Warburg's acquisition by Swiss Bank Corporation. Liaised with NYSE, Chicago Board Options Exchange, Chicago Mercantile Exchange, and U.S. banks to ensure compliance with U.S. securities rules and regulations.*

**Key Achievements:**

- Settled specifics of separation from S.G. Warburg and constructed foundation of newly-formed partnership. Negotiated relationships with banks and clearing houses. Reassembled key employees and brought together teams to execute the dealings of the business.
- Coordinated with investment banking teams at Warburg and Swiss Bank to identify regulatory hurdles that existed with derivatives operations of two firms.
- Negotiated favorable terminations of employment contracts with S.G. Warburg.
- Formed operating entity to resume trading business.
- Put policies, procedures, and systems in place to allow for business operation.

**S.G. Warburg & Co. – New York, NY**  
**Vice President - Head of U.S. Equity Derivatives**

**1995 – 1998**

*Served as U.S. Head of Options and Futures for London-based international investment bank. Directed U.S. exchange-traded and over-the-counter futures and derivatives operations for London-based global investment bank. Liaised between parent company in London and Frankfurt, Tokyo, Singapore, New York, and Chicago operations to assimilate new derivatives trading operation into global investment bank. Forged relationships with industry analysts, sales staffs, fixed income and corporate funding professionals, and compliance officers to leverage investment bank's strengths.*

**Key Achievements:**

- Profitably added U.S. equity derivatives to list of products available to S.G. Warburg's global clients.
- Effectively trained U.S. institutional sales force to market options and futures to institutional clients.
- Spoke at company symposiums in Toronto and New York about the benefit of derivatives in client portfolios.
- Successfully taught S.G. Warburg financial professionals advanced risk assessment and management techniques.
- Efficiently managed relationships with company securities officers, the NYSE, and U.S. banks to ensure observance of compliance regulation filings and net capital rules.
- Appointed to S.G. Warburg & Co. New York Board.
- Selected as one of top managers to attend INSEAD International Executive Business School in Fontainebleau, France, as part of six-month internal case study of S.G. Warburg Ltd. organizational processes. Curriculum focused on leadership skills, improving team effectiveness, building interpersonal relationships, and developing essential leadership resources. Program culminated in a presentation to senior executives at London Board retreat.
- Passed qualification examinations administered by NASD (National Association of Securities Dealers) including areas of federal securities laws, Securities and Exchange Commission directives, NASD rules and regulations, and the overall securities industry. Specifically, the following registrations were achieved (these are currently inactive):
  - NASD Series 3 National Commodity Futures Examination
  - NASD Series 4 Registered Options Principal
  - NASD Series 7 General Securities Representative
  - NASD Series 24 General Securities Principal
  - NASD Series 63 Uniform Securities Agent State Law Examination.

**KC-CO Investments L.P. – Chicago, IL**  
**Partner**

**1986 – 1995**

*Built privately -held securities trading firm from three-person partnership to one of the top competitors in U.S. options and futures markets. Served as trader and portfolio/risk manager. As member of the executive committee, involved in all day-to-day operations of trading partnership and engaged in all phases of strategic campaign. Responsibilities included portfolio, risk, personnel, and financial management. Member of Information Technology Committee. Head of Training and Recruiting Committees.*

**Key Achievements:**

- Grew company from three partners to over 150 associates. Achieved consistent annual returns on invested capital.
- Developed state-of-the-art computer trading systems and unique, proprietary securities pricing algorithms.
- Member Chicago Board Options Exchange, Chicago Board of Trade, and Chicago Mercantile Exchange.
- Traded in pits of all three exchanges. Actively involved on Chicago Board Options Exchange committees.
- Developed unique incentives for associates to enhance team dynamics, loyalty, and profitability.
- Sold business to S.G. Warburg Holdings Ltd. and was retained as Head of U.S. Equity Derivatives.

**Raymond, James & Associates – Tampa, FL**  
**Institutional Sales Trader**

**1984 – 1986**

**Education and Training**

Professional Certified Coach • Coach Training Alliance – Denver, Colo. - 2007

Bachelor of Finance • University of South Florida – Tampa, Fla. - 1982