



GREGORY BURT

Director, Coaching & Facilitation

Gregory Burt is a Director of Coaching & Facilitation at Forrest & Company and a former military officer in the Canadian Armed Forces.

Throughout his 35-year career, Gregory has held leadership roles from junior to senior executive levels and is a certified Integral Master Coach™. He is a seasoned leader, teacher, mentor, and coach with extensive experience in personnel management, resource allocation, and leading complex domestic and international initiatives.

As a senior military officer, Gregory worked in diverse national and international environments, both in peacetime and during conflict. In the last nine years of his military career, he held senior positions that required strong interpersonal and strategic skills to engage with a variety of stakeholders. Upon his retirement in 2015, he transitioned to consulting, applying his expertise in leading large military operations, strategy formulation, strategic planning, project, risk and change management, and organizational design.

Gregory's leadership philosophy centers on empowering others to take ownership of their lives and careers. Leveraging over four decades of experience and the Integral Coaching® methodology, he helps individuals grow into leaders within their own spheres of influence.

He holds a Bachelor's degree in Business Administration, a Master of Arts in Defence Studies from King's College London, and a Master's degree in Public Administration from the École nationale d'Administration publique de Québec. His leadership has been recognized with the Order of Military Merit (OMM) in 2004 and the Meritorious Service Medal (MSM) in 2009.

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