

LARRY AITKEN, OMM, CD, BEng, MEng, CEC, ACC, iRest®

Director, Coaching & Facilitation



Larry is a Director, Coaching & Facilitation for Forrest & Company.

As a retired officer from the Canadian Armed Forces with over 30 years of leadership development experience, Larry has worked globally to introduce new technologies, ideas, and training. But it was teaching yoga, and meditation, and leading wilderness trips that made him come alive.

His facilitation and coaching style blends intellect and inspiration. He draws on his wealth of experience to provide practical tools and strategies that guide clients to success. Every session starts with deep listening and an open heart, creating a safe space to explore innermost thoughts and feelings.

Larry believes true leadership comes from within and, with coaching, we can unlock each individual's potential to be the best version of themselves. Whether it's honing leadership skills, moving to that next position, or creating change, in your life. Larry is here to guide you on your journey.