



# Jacob Dominicus

## COACH & CONSULTANT

"Jacob was instrumental in helping me navigate the delicate balance between my professional ambitions and personal time. His insights were crucial in helping me establish a sustainable routine that enhanced my productivity without compromising my well-being."

- Shaun Klopfenstein, Former CTO, Marketo

### AT-A-GLANCE

- **INDUSTRY EXPERIENCE:** Technology | Corporate | Media | Higher Education | Non-Profit | Arts & Culture | Entertainment
- **25+ years of experience**
- **Former Executive Producer at Whole Foods** and **founded two technology startups**
- Worked with **Adobe**, VanCity Credit Union, Canada's National Gallery, **New York University**, and Amplitude
- Supports clients in **navigating complex challenges, building inner resilience**, and **developing embodied presence**
- Has **taught hundreds of classes** and retreats on meditation, leadership, and resilience
- **Visiting Scholar at NYU's ITP:** Researched the intersection of technology, behavior change, and leadership

Jacob Dominicus is an executive coach with over 25 years of experience at the intersection of leadership, organizational dynamics, and human development. His unique approach, honed through decades of immersive study and practice in meditation, martial arts, and wisdom traditions, helps leaders bridge the gap between knowing and doing to achieve profound transformation.

Jacob's career has been guided by a lifelong fascination with human motivation and potential. As a consultant and coach, he has worked with a wide range of clients, from Fortune 500 companies to startups, non-profits to universities. Some notable clients include Whole Foods Market, Adobe, VanCity Credit Union, Canada's National Gallery, New York University (Tisch), and Amplitude.

In addition to his organizational work, Jacob has coached numerous high-profile individuals, including serial entrepreneurs, C-suite executives, Oscar award-winning creatives, and rising star technologists. He helps these leaders navigate complex challenges, develop inner resources and practices, and align their actions with their deepest values and vision.

Jacob's diverse background spans the worlds of business, media, and inner development. As an entrepreneur, he launched two technology startups focused on emerging trends like biofeedback and gaming. As an Executive Producer at Whole Foods Market, he created an award-winning online magazine and TV series. And as a co-Vice President of a 1400-year-old meditation lineage, he drives curricular development and shapes the practice of thousands of students, from beginners to advanced teachers. Additionally, he has created and taught hundreds of classes, retreats, and multi-year courses.

This deep immersion in contemplative practice is the foundation of Jacob's coaching work. Drawing upon 30 years of study in traditions like Chinese martial arts, Taoism, Buddhism, and Sufism, he helps leaders cultivate the clarity, resilience, and embodied presence to thrive in the face of uncertainty and change. As a Visiting Scholar at NYU's ITP, Jacob conducted research on the intersection of technology, behavior change, and leadership, which continues to inform his innovative coaching approach.

