



# THOMAS J. BUSHLACK, PH. D.

Public Speaker | Professional & Organizational Development Coach

**THOMAS J. BUSHLACK** is the founder and Principal of Kalon Enterprises, LLC, and he serves as Regional Director of Mission Integration with SSM Health in St. Louis, MO. He is an expert in Contemplative Prayer and Meditation, Ethics, & Decision-Making. Tom is also the creator of the "Centering for Wisdom™ Assessment" (CWA) - a tool for helping leaders reduce distractions and improve decision-making. His programs combine personal stories with data-driven research. Tom's driving passion is to help leaders activate their inner capacity for wisdom for success in business and in life and in service to the common good.

Tom brings over 20 years in higher education and health care, with experience in:

- Public Speaking
- Professional Development Workshops
- Leading Retreats
- Organizational Development in Ethics, Mission & Values Alignment

## WHAT PEOPLE ARE SAYING

"...unlike anything our team has experienced previously. The message surrounding ideas of mindfulness and meditation was intellectual, inspiring and humbling. As a team, we learned how to recognize behaviors within ourselves and how to approach our work from a more centered place."

**Brandi Unger**, *Director of Sales*  
**Amplified Digital Agency** (St. Louis, MO)

"As a busy, stressed-out business owner, Tom's workshops have helped me to recognize the value of a centering practice in making better decisions, using my energy efficiently and being more creative in my work."

**Aimee Dunne**, *COO Brazen Global* and  
*Principal, The Coras Group* (St. Louis, MO)

## REQUESTED PROGRAMS

**Centering for Wisdom™:** "Unleash Your Inner Wisdom for Personal and Professional Success

- Respond, rather than react, to stress in order to avoid burnout
- Develop practical ways to remain centered and focused on your highest priorities amid the distractions of daily life.
- Build trusting relationships and teamwork with colleagues and clients by listening with empathy.

**"Root WHY Analysis": Align Your WHY with Corporate Values and the Common Good**

- Discover connections between personal meaning - your Root WHY - and organizational purpose
- Improve focus, efficiency, and decision-making skills
- Find more purpose and meaning in work and relationships.

## EDUCATION

*B.A., Theology* from St. John's University (Collegeville, MN)  
*M.T.S. & Ph.D., Theology & Ethics*, University of Notre Dame (Notre Dame, IN)

## LEADERSHIP

*Regional Director of Mission Integration*,  
SSM Health (St. Louis, MO)

*Trustee*  
Trust for the Meditation Process (Minneapolis, MN)

*Commissioned Presenter of Centering Prayer*  
Contemplative Outreach, Ltd. (West Milford, NJ)

## CONNECT WITH TOM



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