

BIG IDEAS



Friday, May 8, 2026 7:30 pm EDT

Join Zoom Meeting

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Meeting ID: 845 8585 7564

Passcode: 047973

For dial-in codes please contact:

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BIG IDEAS:

BAHÁ'Í PERSPECTIVES ON THE ISSUES OF OUR TIME

Please join us for a series of talks addressing some of humanity's shared challenges and opportunities as we work to advance an emerging global civilization. This series brings together current research, experience, contemporary discourses and Bahá'í perspectives.

"Be anxiously concerned with the needs of the age ye live in and its exigencies and requirements." ~ Bahá'í Writings

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The Inner Life of Work: Aligning Career, Values, and Purpose With François Couillard

What guides your career decisions when success and meaning don't fully align? In this engaging and reflective talk, François Couillard shares his personal journey, inspired by the Baha'i teachings, from corporate leadership to purpose-driven work, offering practical approaches to building a career that reflects your values. Participants will explore how to cultivate an inner compass, make more intentional choices, and bring greater coherence, balance, and impact to their professional lives.

About Francois: François Couillard is an experienced executive and advisor with over 40 years of leadership across the corporate, consulting, and non-profit sectors. Trained as a chemical engineer with an MBA, he began his career with global organizations such as Johnson & Johnson and MDS Nordion, holding senior leadership roles in Canada and internationally.

He later reoriented his career toward consulting and the non-profit sector, serving as Chief Operating Officer of the Canadian Red Cross and the Victorian Order of Nurses, and as Chief Executive Officer of the Canadian Association of Optometrists and the Canadian Association of Medical Radiation Technologists. He also chaired major health coalitions, including Canada's Health Action Lobby (HEAL) and the Extended Healthcare Professionals Coalition (EHPC), helping advance collaboration across Canada's health system.

In addition to his executive work, François has contributed to public service as a member of Canada's Advisory Council on National Security and has been actively engaged in community life, including service on the Local Spiritual Assembly of the Baha'is of Ottawa.

Now in a new chapter, he focuses on reflection, learning, and sharing insights on aligning career, values, and purpose. An avid endurance athlete, he pursues long-distance cycling and cross-country skiing, exploring the connection between discipline, resilience, and inner development.