

KEITH UPKES BIOGRAPHY



KEITH UPKES

Keith is a Business Growth Coach and Advisory CFO with more than 30 years of experience in business and financial management.

He has helped clients streamline their businesses to achieve net profit increases of up to 500%.

His Business Growth Coaching, complemented by his experience as a CFO, makes him a highly sought-after coach as he helps companies achieve a high degree of efficiency resulting in higher profitability, better cash flow, and increased opportunity to serve their communities. A financial thought-leader and speaker, he has presented educational workshops for the local entrepreneurial community.

Keith is a 7 Attributes of Agile Growth® certified business growth coach with Gravitas Impact Premium Coaches, a worldwide executive education and coaching firm for leaders of mid-sized firms. Prior to starting The Upkes Group in 2003, Keith was Controller for Pac Paper, Inc., a Vancouver, WA, paper converter for 6 years and also served as the corporate Controller for 18 years at Beall Corporation, a Portland, OR manufacturer of heavy trailers.

His community service experience includes an active role in Rotary International where he most recently served as Assistant District Governor for Rotary District 5100. Keith previously was a member and President (2009-2010) of the Rotary Club of Vancouver. He also has served on the Vancouver Rotary Foundation Board of Directors. He is a graduate of Leadership Clark County, a community leadership program designed to train community leadership skills to up and coming community leaders.

Keith resides in Camas, Washington (Portland).

Industry Specialties

- Tech Companies
- Financial Management
- Marketing
- Distribution
- Services

Coaching Specialties

- Business Coaching
- Management Coaching
- Group Coaching
- Financial Coaching

Specific Expertise

- Business Strategy
- Strategic CFO
- KPI Metrics
- Leadership Effectiveness

Current

- Business Growth Coach and Advising CFO, Keith Upkes Coaching
- 7 Attributes of Agile Growth® Certified Coach, Gravitas Impact Premium Coaches

Past

- Controller, Pac Paper, Inc.
- Corporate Controller, Beall Corporation
- Club President, Rotary International

Education

- Junior Accounting Certification, Business College

