



Purpose and Progress: Aligning Your Life, Work, and Pilates Practice with Toby Usnik

This 90-minute workshop is for Pilates students, teachers, studio owners, and anyone who wants to build a life and career with focus and alignment. Explore your “North Star” — the core purpose that guides your choices — and turn it into actionable steps for work, teaching, and personal growth.

Using executive and leadership coaching strategies, you’ll strengthen your voice, find your center, and create a strong foundation for values-aligned decisions. While simple AI tools may support reflection, the session focuses on human-centered growth: honest conversation, thoughtful questions, and practical frameworks to leave you clearer, more confident, and intentional — your personal and professional core strengthened.

Inspired by Joseph Pilates’ belief that “patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor,” this session shows how the discipline, focus, and core strength of the Pilates method can guide a resilient, balanced, purpose-driven life on and off the mat.

Toby Usnik is a global communications leader, career coach, and leadership development expert who helps people align who they are with how they lead and work in the world. After more than three decades in senior roles at organizations such as The New York Times, Christie’s, American Express, and the British Consulate General in New York, he now focuses his work on purpose, presence, and professional growth for individuals and teams.