



KEITH UPKES

Keith Upkes is a Business Growth Coach and Advisory CFO for mid-sized firms and has more than 30 years of experience in business and financial management.

Keith is a big believer in sticky notes because you can easily move them around, write whatever you want on them, and they come in all sorts of colors. That's also his approach with coaching – be flexible, get creative, and consider different points of view. Keith is a big believer in listening, listening carefully to client's stories, and identifies the things that keep them up at night and away from their families and free time.

Keith has worked tirelessly in business management for over 25 years and has seen lots of scenarios to pull from, in addition to the 3HAG WAY, to help his clients. He believes in the power of working as a team to discover new things together and knowing that they can achieve great things together. Keith ensures his clients are achieving higher profitability, maintaining more cohesive teams, and obtaining better cash flow, to ensure his clients and their companies are serving their families and communities in even greater ways.

Connect with Keith

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