

DAVID GAU

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Experienced facilitator, team leader, and creative producer with a track record of designing innovative programs, training diverse teams, and delivering engaging, person-centered experiences. My work spans founding and managing creative organizations, leading youth programs for over 15 years, and facilitating workshops in the corporate world as well as for seniors and caregivers — all rooted in a commitment to connection, dignity, and joy at every stage of life. With leadership experience in both nonprofit and corporate settings, a background in creative content production, and hands-on caregiving experience, I bring a unique blend of strategic insight and deep empathy. I'm passionate about inspiring innovation in senior care environments, bringing positive communication to teams, and about using laughter, purpose, and human connection to make a lasting impact.

PROFESSIONAL EXPERIENCE

Yes Balloon (CSz Richmond)

Richmond, VA

Founding member & performer (March 1996 – present); Director of Applied Improv Training (2010 - present); Executive Director (April 2018 - Sept. 2021); President, Board of Directors (Jan. 2017 - July 2021, & Jan. - Dec. 2024); Managing Partner (Jan. 2010 – March 2018); Artistic Director (Spring 2007 – August 2021);

- Write curriculum and facilitate training workshops for applied improvisation clients in businesses and groups, teaching communication, leadership, teamwork, listening, story and more
- Manage and train performance teams, create, develop and market new shows for stage productions
- Oversee daily theater and nonprofit operations, including budgets, networking, leadership and more
- Served on a non-profit board to oversee business operations for theater and corporate endeavors
- Collaborated on an international level to establish CSz Worldwide rebranding; continuing currently on the CSz Worldwide Brand Committee, managing brand implementation and growth

ShaveFX, Inc.

Richmond, VA

Founder, President, Owner, Animator, Motion Artist, Business Manager

July 1999 – Present

- Founded and grew a small freelance business into an independent animation studio, at times employing and managing a staff of up to five artists, as well as independent contractors.
- Increased revenue over 550% in the first 12 years of business
- Produce 2D & 3D motion graphics, visual effects and animations for corporate and broadcast video, film and interactive presentations for clients on international levels.
- Write scripts, create storyboards and develop creative concepts individually and collaboratively.
- Serve as producer or visual effects manager for projects involving live production elements and location shoots, seeing them through to post-production as video editor and finisher.

Frontier Project

Richmond, VA

Animation Director & Training Facilitator

August 2012 – July 2014

- Facilitated training workshops on visual communication and personal presence
- Developed internal resources into a media production team
- Wrote, produced, directed and edited live and animated productions
- Animated 3D and motion graphic sequences for various internal and client productions

Metro Video Productions

Richmond, VA

Director of Graphics and Animation

September 1990 – July 1999

- Established graphics and animation department from scratch and grew it to a multi-person team
- Learned (self-taught) various graphic and animation software, including UNIX and HTML coding
- Trained and managed additional artists within the department
- Served as senior art director, animator, and designer for video productions and websites
- Production assistant, grip, camera operator and sound tech on various productions

TECHNICAL TOOLKIT:

- Creative – Adobe creative suite, including Photoshop, Illustrator, After Effects, Audition and Premiere; Cinema4D, Maya, Clip Studio Paint, Audacity, Wix
- Business – Proficient in Microsoft Office including Word, Excel & PowerPoint; Slack, Basecamp, Google Workspace, Constant Contact, various social media platforms; Knowledge of Power BI
- Platforms – significant expertise in Mac OS; familiar with Windows; experience with Unix

EDUCATION & MISCELLANEOUS ENDEAVORS

Rochester Institute of Technology • Bachelor of Science • Film, Video & Animation • 1989

Certified Applied Improvisation Trainer – Executive Practitioner (CAI-EP) – CSz Worldwide

Co-founder of the 2016 program “[Using Improv Comedy Techniques to Improve Communication in Dementia Caregiving](#)”, developed in connection with and through a grant obtained by VCU Health.

Co-founder of “[Yes AND Care](#)”, bringing innovative training and meaningful connection to family caregivers, professional caregivers and senior community teams (2025).

Keynote speaker for multiple organizations including the Alzheimer’s Association (2019)

Caregiver for my mother in her journey with dementia (2015), as well as on a team of caregivers for a close friend with Parkinson’s and Lewy Body dementia (current). Also helping with the caregiving and progress for my mother-in-law, currently in the early stages of Alzheimer’s.

Founder and producer of “Improv Festivus”, 2011-2020, bringing over 100 improvisers from across the country together for a weekend of workshops, shows, and fun. Also founded and produced the “Sweet T” improv festival (2015 – 2020), connecting players from various ComedySportz cities. Coordinated all event planning for both events, including workshop curriculum, recreational events, and show scheduling.

Board member and Vice President of Chamberlayne Actors Theater • Richmond, VA • 1990’s

Co-founder of the Richmond Community High School Alumni Association (member of the 3rd graduating class)

Volunteer Youth Leader • St. Thomas’ Episcopal Church • 2009 – present, working with youth throughout the year and developing programs that strengthen connections, engage youth, and serve the community

Event Organizer and Shavee for the St. Baldrick’s Foundation, raising money for childhood cancer research; annually for over 17 years – 2008 – present

Cartoonist of the comic strip “Mulberry Place” – published in the Richmond Times-Dispatch 1993-1994