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Dr. Darryl G. Cathcart enrolled in the Canadian Army in 1991 as a private soldier, was commissioned from the ranks as a senior non-commissioned member and retired in 2017 as a senior officer. During his operational service, he held command and staff positions in The Royal Canadian Regiment and the Canadian Special Operations Regiment, where he deployed to Bosnia, Croatia, Kosovo and Afghanistan. Darryl is a graduate of the Royal Military College of Canada, the United States Marine Corps Expeditionary Warfare School, the Joint Command and Staff Programme at the Canadian Forces College and Queen's University. He holds a doctorate of education in educational leadership from Western University.

In 2018, Darryl founded Release Point Education to help the military-connected community achieve academic excellence through specialized, relevant and credible programming. He has played an active role in strengthening education-to-employment pathways that help the military-connected community navigate career transition, connect their experience to civilian opportunity and contribute to workforce development in Canada. Darryl has also written extensively on these issues.