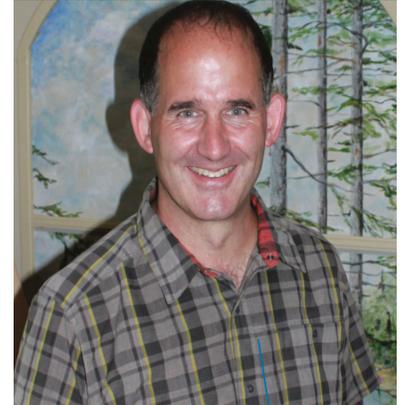


As a leadership development and culture change specialist, Frank incorporates a unique blend of current behavioural science research, organizational psychology, group dynamics, experiential activities, and theoretical training methods to create the Peak Experiences professional development approach. His area of specialty is in assisting individuals and groups to maximize their interpersonal and organizational effective through customized team building, leadership development workshops, strategic planning, and sustainable organizational development (culture change) processes.



As a trusted advisor with over 25 years of experience in teaching and consulting a wide range of clients from across Atlantic Canada, Frank administers highly effective and trusted coaching services and training workshops that meet the developmental needs of leaders and their organizations. Working as a collaborative partner with clients, Frank gains a keen insight into the important contribution each member can make to enhancing the organizational dynamics. As an adult educator, Frank has a great deal of confidence in the Peak Experiences process to assist individuals in becoming more self-actualized through a powerful growth and development strategy.

Frank lives in Antigonish, Nova Scotia with his wife Heather and his three children.

Leadership – Culture – Performance

Peak Experiences Consulting was formed in 1992 to help individuals by delivering powerful learning solutions for organizations, leaders and practitioners who have a clear stake in accelerating their individual and collective effectiveness. Through the use of our globally-recognized tools from Human Synergistics, administered locally by our associates, our clients are able to measure what many assume cannot be measured; individual behaviour, group styles, organizational culture, and the impact of these factors on effectiveness and performance. By doing so, we enable individuals, groups, and organizations to initiate changes and realize their potential. www.peak.ca

Nadir Experiences was formed in 2017 as a compassionate extension of the powerful work we do within the branch of Peak Experiences. Our job is to help people understand and process the lower points of their life in such a way that can significantly enhance growth and development moving forward. www.nadirexperiences.ca

The Constructive Mindset Institute was formed in 2018 and is the online culmination of our work surrounding human mindset, growth, and development, organized onto a world-renowned online learning platform. www.constructivemindsetinstitute.ca

Core Values: Our commitment embraces both intention and action. Our organizational core values govern everything we do. When you choose to work with us, you are assured of:

Trust and Integrity
Growth and Development

Service Excellence
Environmental Sustainability

Memorable Experiences
Measurable Results