

Whether he is scaling some of the world's highest mountains, or combing through the latest results from the field of elite performance, James is driven by a passion to help people reach new heights of excellence. He is a rare mix of management consultant, adventurer and motivational speaker. and he has been teaching leadership and elite performance for the last 17 years. James is also the author of *Nine Minutes on Monday; The Quick and Easy Way to Go From Manager to Leader*, which was named the #1 Business Book of the year in 2012 by Canada's Globe and Mail.

James combines stories of his adventures with practical truths that help audiences make simple changes that stick. While James loves adventure, his greatest expedition is being married to his wife Kelly and raising their three teenagers. James and his family live in St. Augustine Florida.