





www.DrAdamFrank.com

AF Flexible Solutions, LLC - Adam H. Frank, PhD

AFFlexibleSolutions@gmail.com

Service ID Number	Service Type	Description	
Service 1	Keynote or Featured Guest Speaking		
Service 2	Professional Development Training	Provide half-day, full-day, or multi-day training on various topics/needs	
Service 3A	Team Growth Workshop (VIRTUAL)	Work closely with a team to train and/or solve current or impending challenges	
Service 3B	Team Growth Workshop (IN-PERSON)	Work closely with a team to train and/or solve current or impending challenges	
Service 4	Individual or Group Coaching & Mentorship	Provide 1-on-1 confidential support to individuals or small groups as they navigate the challenges of their job	