

George moved from Prince Edward Island to Vancouver Island 30 years ago to attend the University of Victoria. After graduating, he started teaching at Vancouver Island University where his main interests are in teaching and coaching methods that improve learning and personal health. George has three grown boys and remembers fondly the joy of coaching baseball, soccer, and hockey in the community.

George delivers workshops around the country, for sports organizations, as they attempt to enhance their culture and improve coaching. In his workshops, George uses a great amount of play to help shine some light on how parents and coaches can get more value from the sport experience.

Using his background as a teacher and as a sport psychologist George also delivers many workshops in schools where children use play to understand important life skills like happiness, mindset, and distraction control. His most popular workshop for schools is called "Play Your Way to An Awesome Life."