

## Short — tweetable

Frank Bach is a Staff Product Designer at Instagram, formerly at Headspace. He's interested in the relationship between mindfulness and creativity: how meditation can empower you to be a stronger designer and more engaged contributor. His work spans product, growth and brand design.

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## Medium

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## Long

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He and the projects he's been involved in have won numerous awards, including an Apple Design Award, Google Play Award, Distinguished Alumni Award from Laurentian University, Premier's Award nomination from the Government of Ontario, Canadian Marketing Award, RGD's So(cial) Good Award, and Design Edge Canada's Legacy Award.

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