

Frank Saia

CEO, FAS Solutions

Author of *We Are Gods: Awakening the Creator Within*

Speaker on conscious creation, leadership, and AI.



ONE-LINE BIO

Frank Saia is a CEO, musician, and father, and the author of *We Are Gods: Awakening the Creator Within*.

SHORT BIO

Frank Saia is the author of *We Are Gods: Awakening the Creator Within* and the CEO of FAS Solutions. After nearly thirty years leading businesses, most of them in digital healthcare and pharma, he writes and speaks about taking ownership of what we create: in our own lives, in the teams we lead, and in the AI that is learning from all of us. He plays keys in The Mountain Jam Band and lives in Morristown, NJ, with his wife Tracey.

FULL BIO

Frank Saia is a writer, speaker, and the CEO of FAS Solutions, where he works with life sciences companies and founders as a consultant and fractional executive. Over nearly thirty years he built three digital healthcare agencies from the ground up, one of which ranked highest in employee satisfaction among 175 companies in an anonymous survey of Omnicom's largest division. He also served seven years as Board Chairman of a startup charter high school in East Harlem, from its founding through its first graduating class.

His book, *We Are Gods: Awakening the Creator Within*, is a memoir about realizing he had been creating his life all along without knowing it, and the responsibility that came with seeing it. It argues that we participate in creating our own circumstances, and that in the age of AI, what we model is what the world becomes. With his wife, Tracey Saia, LPAT, MS, ATR-BC, ATCS, he leads workshops on the beliefs that shape our lives. Frank holds a BBA ('92) and MBA ('94) from Iona University, plays keyboards in The Mountain Jam Band, and lives in Morristown, New Jersey.

CONTACT

EMAIL

frank@franksaia.com

PHONE (BOOK AND EVENTS)

(973) 370-3197

WEBSITE

franksaia.com

WORK WITH US

franksaia.com/speaking

SUBSTACK

wearegods.substack.com

INSTAGRAM

[@franksaia.author](https://www.instagram.com/franksaia.author)

FACEBOOK

facebook.com/franksaia.author

LINKEDIN

linkedin.com/in/franksaia

GOODREADS

goodreads.com/author/show/62389012.Frank_Saia

BOOK

We Are Gods:
Awakening the Creator Within

Amazon: a.co/d/04tpAsOU

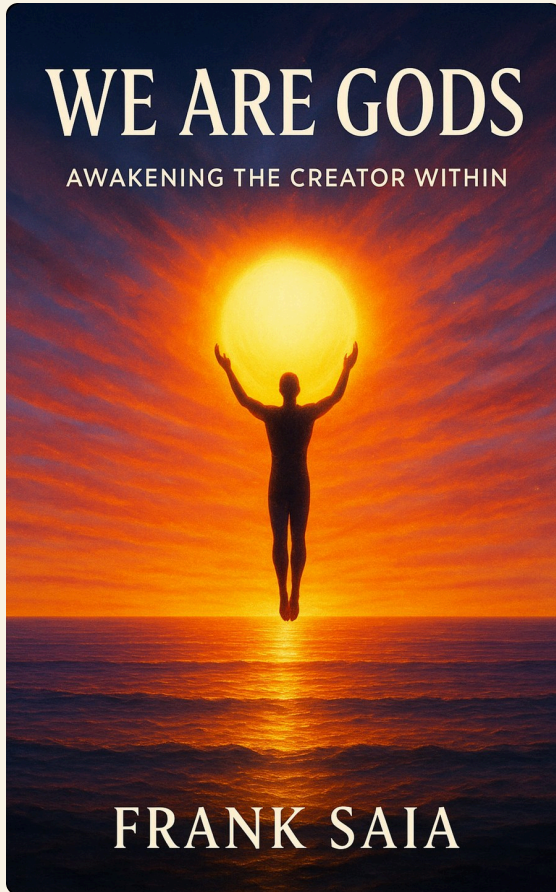
Paperback and Kindle.

Audiobook coming soon.

THE BOOK

We Are Gods

Awakening the Creator Within



Frank Saia spent five decades becoming whatever the room needed, until a series of moments he could not explain made him look back at his life and see that he had been creating it all along. *We Are Gods* is the account of how the walls went up, what he found when they came down, and the responsibility that came with seeing it. It makes one central claim: we participate in creating our own circumstances, and everything changes the moment we do it consciously. It also carries the argument he brings to every stage: AI is learning what a human being is, and it is learning it from us.

The book closes with a guided meditation, a daily alignment practice, journaling prompts, and discussion questions for reading groups.

Formats: Paperback, Kindle. Audiobook, narrated by the author, coming soon.

SELECT QUOTES

“Whatever we are, AI is learning to become.”

“I’d been creating my reality unconsciously all along without knowing it, and now I had to take responsibility for all of it.”

“This was empowering and sobering at the same time. With that power came responsibility.”

“The thing about fear-based leadership is that it destroys everything it touches.”

“I had proven to myself that individual consciousness can bend reality. Collective consciousness doesn’t just bend it, it breaks it wide open.”

ON STAGE WITH THE MOUNTAIN JAM BAND



SPEAKING

Talks and Conversations

Frank speaks about taking ownership of what we create: in our own lives, in the teams we lead, and in the AI that is learning from all of us. He delivered a speech to Coretta Scott King on peace and justice, has performed solo piano in front of 1,500 people, and served seven years as Board Chairman of a startup charter high school in East Harlem. In college he led a protest at Iona that grew from twenty students to more than five hundred in ninety minutes and won a wheelchair ramp for a classmate, the story at the center of his signature talk.

TALKS

The Proof Is in the Ramp: Owning What We Create

“With that power came responsibility.”

Frank’s signature talk. A protest that grew from twenty students to five hundred in ninety minutes, and what it taught him decades later about owning what we create, without blame, including what we are teaching AI.

Leading From Love Instead of Fear

For executives, founders, and teams. The evidence travels with the talk: the agency Frank led ranked highest in employee satisfaction among 175 companies in an anonymous survey of Omnicom’s largest division.

The Walls We Build to Belong

For high performers who built a self to fit in and are ready to take it down.

CONVERSATION TOPICS

- What changes when you take responsibility for everything you have created, and blame no one?
- How do I lead differently when my company’s whole culture runs on fear?
- Is manifestation real, or is it wishful thinking?
- What is AI learning from us, and what do I do about it as a parent and as a leader?
- Is it too late for me to start over? Frank’s answer comes from the words that started his book: you still have time.



WORK WITH US

Workshops and Consulting

Frank leads workshops with his wife, Tracey Saia, LPAT, MS, ATR-BC, ATCS, a licensed, board-certified art therapist. Together they bring decades of leading businesses and a therapist's training into the same room. Workshops run online or in person, for teams, retreats, wellness programs, and community groups.

WORKSHOPS

Rewiring the Beliefs Behind Your Life

60 TO 90 MINUTES · ONLINE OR IN PERSON

Participants find a belief that has been quietly shaping their choices, see where it came from, and rewrite it into one they can live by.

Own It Forward

90 MINUTES OR A HALF DAY · ONLINE OR IN PERSON

The companion workshop to The Proof Is in the Ramp. Each participant takes ownership of one situation they have been blaming on someone or something else and chooses what they will create next. For teams, a second section looks at what the group is creating together, including what it is teaching AI.

Rewired

TEN WEEKS · FOR TEAMS AND INDIVIDUALS

A ten-week course with Frank and Tracey on dysregulation. Companies can bring it to their teams, and individuals can take part on their own. One week of it is the belief work in Rewiring the Beliefs Behind Your Life.

Ask about Rewired: frank@franksaia.com

CONSULTING AND FRACTIONAL LEADERSHIP

Through FAS Solutions, Frank works with life sciences companies, growth-stage founders, and leadership teams as a consultant and as a fractional executive.

Fractional CEO and Product Leadership

Senior leadership for a defined period, to set direction, build the team, and bring a product to market.

Launch and Commercial Strategy

Launch governance and cross-functional readiness for life sciences products.

Digital and AI Transformation

Building the digital capabilities, AI-driven services, and teams that grow a business.

Business Assessment and Strategy

A clear look at what is holding a business back, what it is costing, and a plan to fix it.

AVAILABILITY

Frank is available for keynotes, workshops, consulting and fractional engagements, podcasts, interviews, and book events, at conferences, corporate and association gatherings, universities, and summits. For availability and fees, write to frank@franksaia.com.