



**THOMPSON  
DORFMAN  
SWEATMAN**



**Adrian Frost**

1700 - 242 Hargrave Street  
Winnipeg Manitoba Canada  
R3C 0V1

P. (204) 934.2327  
F. (204) 934.0527  
E. [abf@tdslaw.com](mailto:abf@tdslaw.com)  
[www.tdslaw.com/abf](http://www.tdslaw.com/abf)

## Labour & Employment

Adrian's practice is focused in the areas of labour, employment and human rights law.

He acts as counsel and provides advice on all aspects of employment and collective bargaining relationships, including employment agreements and employee manuals, terminations and wrongful dismissals. He frequently represents clients in collective bargaining negotiations, labour board proceedings, grievance arbitrations and human rights proceedings.

In 2017-2018, Adrian was the President of the Canadian Association of Counsel to Employers ("CACE"), which is the leading management side labour and employment lawyers organization in Canada, consisting of approximately 1,400 members. Adrian currently sits as Past-President for the 2018-2019 term.

### EDUCATION

University of Manitoba, LL.B., 1999

University of Manitoba, B.A., 1995

### CALL TO THE BAR

Manitoba, 2000

### ACHIEVEMENTS

- Selected as a Lexpert® Rising Star: Leading Lawyer Under 40 for 2013 by Lexpert® Magazine.
- Adrian has been selected for inclusion since 2012 for all editions of Best Lawyers in Canada in the area of Labour and Employment Law.



Member  
**LexMundi**  
World Ready



- Identified as a "Litigation Star" or "Future Litigation Star" in multiple recent editions of Benchmark Canada, the Guide to Canada's Leading Litigation Firms and Attorneys.
- Adrian was the recipient of the A. Montague Israels Q.C. prize from the Law Society of Manitoba in 2000.

## COMMUNITY INVOLVEMENT

- Adrian joined the Board of Directors of Rainbow Stage Inc. in 2013, and currently sits on the executive as Vice-President.
- Former member of the Board of Directors of Small Scholars Inc., a fantastic before and after school program at Sun Valley Elementary School.
- Adrian has been thrilled to participate as a cast member in five of the musicals jointly produced by the Manitoba Theatre Centre and Manitoba Bar Association: The 25th Annual Putnam County Spelling Bee (2015), How to Succeed in Business Without Really Trying (2014), Legally Blonde (2013), The Producers (2010) and Chicago (2008).
- Adrian served as President of the Manitoba Chamber Orchestra from 2008 to 2010, and served on its Board of Directors from 2000 to 2012.
- Former President and Director of the Winnipeg Youth Orchestras Inc. (1999-2004)
- Former President of the Manitoba Law Students' Association (1998-99) and was Valedictorian for the 1999 graduating class.
- Head Coach or Assistant Coach with the Northeast Eagles or Northeast Predators Female Hockey Program (2012 to present)

