



**Biography for:  
Frank Kitchen “The Life and Leadership Connoisseur”**

Hello, my name is Frank Kitchen. I am an husband, father, entrepreneur, professional speaker, and author. My FRESH recipes on Life and Leadership Educate, Elevate and Empower students, educators, volunteers, entrepreneurs, and professionals to “Live FRESH.” A philosophy that challenges people to be Difference Makers and Life Changers. My keynotes, workshops and trainings have inspired individuals and organizations create the positive and productive environments people desire to be in.

My Life and Leadership journey began in Bad Kreuznach, Germany. My father was in the United States Army and I grew up as a “military brat.” My family constantly relocated around the world during my childhood. The continuous travel provided diverse experiences and an interesting life. Our travels taught me how to connect with people and gave me visual examples of what life has to offer.

Wanting a college degree, I embarked on a twelve year adventure to earn my Associate of Arts Degree from Lakeland Community College (Ohio) and my Bachelor of Arts Degree from David N. Myers College (Ohio) in Business Administration with a Marketing Specialty. To pay for my education I served as college student leader; performed as a children’s birthday party entertainer; managed a toy store; moonlighted as a professional actor and model; volunteered for various charities and worked as College Student Activities Assistant Director.

Every occupation provided me with leadership opportunities that impacted my life and the lives of the people I worked with in positive ways. Seeing my passion for servant leadership, my family, friends, and students, challenged me to leave my college position to pursue the unpredictable career of professional speaker and business owner.

To date, I have shared the successes and failures of my Life and Leadership journey with individuals from around the world. I have been blessed with the opportunity to share the knowledge I have earned as college student leader, educator, entrepreneur, entertainer and author with major corporations, schools, colleges, universities, professional associations, conventions, conferences and civic organizations in the United States, Canada and Australia.

## **Frank's Life and Leadership Adventures**

P.S. If you're still reading, I'm assuming you're curious and know more about me.

- I live in Phoenix, Arizona
- I am married with two children.
- I took three years of cooking classes in High School
- I earned my Varsity Letter in High School by managing the school basketball team
- I was a Birthday Party Entertainer for Discovery Zone Fun Centers
- I gave the commencement speech at my college graduation
- I was an award winning manager for KB Toys
- I worked at Lakeland Community College as a Orientation Director, Diversity Director and Assistant Director of Student Activities.
- I was voted as one of "America's Most Eligible Bachelors" in Complete Woman Magazine
- I was asked to audition for ABC's "The Bachelorette"
- I have helped lead two separate attempts to break a Guinness Book World Record (Teeth Brushing and Simon Says)
- I once grew my hair out dyed it purple to raise money for Cancer Research
- I have appeared in a music video, commercials and training videos for Nike, Goodyear, Toyota, Applebee's, Major League Baseball, The University of Phoenix, Allied Waste and Phillips Medical
- I visited Australia as a cultural ambassador for the Rotary International GSE Program
- I appeared live on CNN's "30 Second Pitch"
- I worked at the Phoenix Zoo as Exhibit Guide, Trail Host and Train Driver
- I was a recruiter, administrator and instructor for an Auctioneer School
- I have authored or co-authored of four books
- I have been a board member and raised money for several charities and nonprofits
- I have performed stand-up comedy several times
- Currently training to be a Fundraising/Charity Auctioneer
- I have completed two marathons and a half marathon
- I have spoken professionally for over 500,000 people and counting