

IT'S OKAY TO PLAY NOTES

YOU CAN DISCOVER MORE ABOUT A PERSON IN AN HOUR OF PLAY THAN IN A YEAR OF CONVERSATION - PLATO

GAMES CAN BE USED TO TEACH PEOPLE A VARIETY OF SUBJECTS AND SKILLS. GAMES INVOLVE PLAY. PLAY HAS PURPOSE AND PLAY HAS MEANING. THE WAY WE PLAY GAMES IS A REFLECTION OF HOW WE REACT TO CHALLENGES IN LIFE.

GAMES ARE MINDSET FLIPPING EXERCISES . THEY ARE VISUAL LEARNING OPPORTUNITIES THAT CAN STIMULATE THE RESULTS YOUR PRODUCE. WHEN AN ACTIVITY IS MORE ENGAGING OR FUN, RESEARCH HAS PROVEN THAT WE RETAIN THE INFORMATION BETTER. IF WE ASSUME SOMETHING WILL BE FUN OR THE RESULTS OF PARTICIPATING WILL BE FUN, WE PERFORM BETTER. ASKING SOMEONE TO PARTICIPATE IN A TRAINING EXERCISE DOESN'T SOUND FUN. ASKING SOMEONE TO PLAY A GAME SOUNDS FUN. GAMES POSITIVELY FLIP OUR MINDSET. GAMES HELP EVERYONE WHO PARTICIPATES TO GROW BOTH PERSONALLY AND PROFESSIONALLY.

RULES FOR PLAY

HAVE FUN!
MEET NEW PEOPLE
NO LAWSUITS

LIFE IS ABOUT CREATING POSITIVE AND ENJOYABLE EXPERIENCES; BUILDING STRONG RELATIONSHIPS BY CONNECTING WITH PEOPLE WHILE STAYING OUT OF TROUBLE BY RESPECTING OTHERS' PERSONAL SPACE AND BELIEFS.

TO SUCCEED AT ANY GAME YOU MUST FIRST PARTICIPATE. WHILE YOU PARTICIPATE YOU WILL LEARN ABOUT YOURSELF AND THE PEOPLE YOU ARE PARTICIPATING WITH. LIFE IS A LONG-TERM LEARNING EXPERIENCE. WHILE YOU ARE LEARNING, YOU WILL START TAKING THE NECESSARY ACTIONS NEEDED TO COOK UP THE RESULTS YOU HUNGER FOR. YOUR ACTIONS WILL HELP YOU BETTER UNDERSTAND THE PROCESS...THE WHO, WHAT, WHY, HOW, AND WHEN THINGS HAPPEN. FINALLY, SUCCESS IN LIFE AND GAMES DEPENDS ON YOU! THE ATTITUDE YOU POSSESS. THE PASSION YOU BRING. THE ENERGY YOU BRING AND YOUR DEDICATION. THE CHOICE IS YOURS. WHEN YOU CHOOSE TO MAKE THE EXPERIENCE A POSITIVE ONE, YOU WILL GET POSITIVE RESULTS. WHEN YOU CHOOSE A NEGATIVE ATTITUDE, YOU ARE LIKELY TO HAVE NEGATIVE RESULTS. WHEN YOU ARE POSITIVE, PEOPLE WILL FOLLOW YOUR LEAD AND YOU WILL EMPOWER YOURSELF AND OTHERS TO FLIP THEIR MINDSET, FIRE UP THEIR PERFORMANCE, AND COOK UP THE RESULTS ALL OF YOU HUNGER FOR.

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- WITH EVERY MSE/GAME BE SURE TO VISUALLY AND VERBALLY EXPLAIN HOW THE ACTIVITY WORKS AND ASKS PARTICIPANTS IF THEY UNDERSTAND. GIVE THEM AN OPPORTUNITY TO ASK QUESTIONS.
- EVERY ACTIVITY SHOULD HAVE MUSIC. RESEARCH PROVES THAT PEOPLE IMPROVE THEIR OVERALL PERFORMANCE WHEN LISTENING TO MUSIC. MUSIC ALSO PROVIDES A GREAT CUE ON WHEN TO START AND STOP AN ACTIVITY. WHEN THE MUSIC STARTS, THE ACTIVITY STARTS, WHEN THE MUSIC STOPS THE ACTIVITY STOPS.
- AFTER EVERY ACTIVITY, MAKE TIME TO DEBRIEF AND DISCUSS THE LEARNING LESSON FROM THE ACTIVITY. TIME FOR DEBRIEFING AND REFLECTION ARE THE MOST IMPORTANT PARTS OF MSE/LEARNING GAMES.
- ANY GAME YOU HAVE EVER PLAYED CAN BE USED TO TEACH A LIFE OR LEADERSHIP LESSON.
- GAMES ARE ABOUT CREATING COMMUNITY. EVERY COMMUNITY HAS A CULTURE! CULTURE IS A NOUN AND A VERB. (NOUN) A CULTURE IS A SET OF SHARED ATTITUDES, GOALS AND PRACTICES THAT CHARACTERIZE AN INSTITUTION, ORGANIZATION, OR COMMUNITY. (VERB) TO MAINTAIN CONDITIONS SUITABLE FOR GROWTH.
- "POSITIVE CULTURES PRODUCE PRODUCTIVE PEOPLE" POSITIVE CULTURES POSSESS LEADERSHIP, CLEAR COMMUNICATION, TEAMWORK, INCLUSION, AND A FRESH MINDSET. ALL THE BEHAVIORS ARE DISPLAYED BY PARTICIPANTS DURING PLAY.
- NEED MORE IDEAS OR HAVE QUESTIONS, PLEASE CONTACT FRANK KITCHEN AND HE WILL SHARE HIS BOOK OF RECIPES FOR LEARNING GAMES AND ACTIVITIES. FRANK@FRANKKITCHEN.COM OR 480-405-7658



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PERFORMANCE IMPROVEMENT EXERCISES/GAMES

HEADS OR TAILS

FIND A LARGE COIN (QUARTER) OR PURCHASE A LARGE/PLAY COIN FROM A TEACHER'S STORE OR PARTY STORE. THE LARGER THE COIN, THE MORE FUN. HAVE A PRIZE THAT PEOPLE WILL REALLY WANT.

1. ASK EVERYONE IN THE ROOM, "PLEASE STAND UP IF YOU WOULD LIKE TO WIN A PRIZE?"
2. ONCE EVERYONE STANDS, EXPLAIN THAT YOU ARE ABOUT TO PLAY A GAME AND THE WINNER WILL WIN (THE PRIZE YOU HAVE SELECTED).
3. EXPLAIN THAT TO WIN THE PRIZE YOU WILL BE PLAYING "HEADS OR TAILS?"
4. EXPLAIN THAT THEY MUST MAKE A CHOICE WHEN YOU FLIP THE COIN. THEY MUST CHOOSE HEADS OR TAILS.
5. TO SELECT HEADS PUT YOUR HANDS ON YOUR HEAD.
6. TO SELECT TAILS, PUT YOUR HANDS ON YOUR TAIL. EXPLAIN THAT THEY ARE TO KEEP THEIR HANDS TO THEMSELVES. THIS PREVENTS LAWSUITS AND A FUN EXPERIENCE FOR ALL.
7. EXPLAIN THAT WHEN THEY CHOOSE INCORRECTLY THAT THEY ARE OUT OF THE GAME, BUT THEY CAN STILL PARTICIPATE BY CHEERING OTHERS ON AND HELPING THEM MAKE A DECISION.
8. KEEP FLIPPING THE COIN UNTIL YOU GET DOWN TO 1,2, OR 3 WINNERS
9. DURING THE DEBRIEF EXPLAIN THAT LIFE IS ABOUT CHOICES. YOU GET REWARDED FOR MAKING GREAT CHOICES. YOU CAN ONLY WIN WHEN YOU PARTICIPATE.

APPLE

PICK A SONG THAT IS FAST AND VERY POPULAR.

1. EXPLAIN TO PEOPLE THAT YOU ARE GOING TO MEET SOME NEW PEOPLE IN THE ROOM. ASK THEM TO LOOK AROUND THE ROOM FOR SOMEONE NEW THAT THEY DON'T KNOW. GO MEET THAT PERSON. THEY SHOULD SHAKE EACH OTHER'S HAND, SAY THEY'RE NAME AND WHERE THEY ARE FROM.
2. AFTER THEY FORM A GROUP OF TWO. REPEAT STEP ONE THIS TIME AS A GROUP OF TWO. FIND A GROUP OF TWO PEOPLE YOU DON'T KNOW. GO MEET THAT GROUP TO FORM A GROUP OF FOUR.
3. AFTER ABOUT 2-3 MINUTES, STOP THE MUSIC AND DEBRIEF.
4. ASK PARTICIPANTS... WHAT WAS DIFFERENT? WHY IS IT DIFFICULT TO MEET NEW PEOPLE?
5. TELL A PERSONAL STORY ABOUT HOW MEETING A NEW PERSON HELPED YOU GROW PERSONALLY OR PROFESSIONALLY. EXPLAIN WHY MEETING NEW PEOPLE IS IMPORTANT FOR GROWTH.



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MINDSET FLIPPING EXERCISES/GAMES

PIG TEST

STEP #1

PLEASE DRAW A PIG ON A PIECE OF PAPER, PHONE SCREEN OR TABLET SCREEN! PLAY MUSIC WHILE PEOPLE ARE DRAWING.

THERE ARE NO RULES, NO LIMITS! YOU CAN DRAW ANYTHING! THIS TEST IS ABOUT YOU.

STEP #2

WHERE DID YOU DRAW YOUR PIG?

- IF YOUR PIG IS AT THE TOP OF THE PAGE, YOU ARE POSITIVE AND OPTIMISTIC!
- IF YOUR PIG IS IN THE MIDDLE OF THE PAGE, YOU ARE A REALIST!
- IF YOUR PIG IS AT THE BOTTOM OF THE PAPER, YOU ARE SUSPICIOUS AND HAVE A LIKELIHOOD TO BEHAVE NEGATIVELY.

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STEP #3

WHAT DIRECTION DOES YOUR PIG FACE?

DOES YOUR PIG FACE TO THE LEFT SIDE OF THE PAGE?

- YOU BELIEVE IN TRADITIONS. YOU ARE FRIENDLY. YOU ARE GOOD AT REMEMBERING DATES BIRTHDAYS, HOMEWORK, ANNIVERSARIES, ETC)

DOES YOUR PIG FACE TO THE RIGHT SIDE OF THE PAGE?

- YOU ARE CREATIVE AND ACTIVE. YOU DON'T HAVE A STRONG SENSE OF FAMILY. YOU HAVE A HARD TIME REMEMBERING DATES.

IS YOUR PIG LOOKING DIRECTLY AT YOU?

- YOU ARE DIRECT, ENJOY PLAYING DEVIL'S ADVOCATE, AND NEITHER FEAR NOR AVOID DISCUSSIONS



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MINDSET FLIPPING EXERCISES/GAMES

PIG TEST CONTINUED

STEP #4

HOW MUCH DETAIL DID YOU PUT INTO YOUR DRAWING?

DO YOU HAVE A LOT OF DETAILS?

- YOU ARE ORGANIZED, METHODICAL, CAUTIOUS AND DISTRUSTFUL.

FEW DETAILS?

- YOU TEND TO BE EMOTIONAL AND NAIVE (EASY TO TRICK/INFLUENCE), YOU CARE LITTLE FOR DETAILS AND ARE A RISK-TAKER.

STEP #5

HOW MANY LEGS DID YOU DRAW?

ALL 4 LEGS SHOWING

- YOU TEND TO BE SECURE, STUBBORN AND STICK TO YOUR IDEALS.

LESS THAN FOUR LEGS?

- YOU TEND TO BE EMOTIONAL AND GULLIBLE. YOU ALSO CARE LITTLE FOR DETAILS AND ARE A RISK TAKER

STEP #6

DID YOU DRAW EARS?

HOW BIG ARE YOUR PIGS EARS?

- THE SIZE OF THE EARS SHOW HOW GOOD A LISTENER YOU ARE. THE BIGGER THE BETTER!

STEP #7

DID YOU DRAW A TAIL?

DOES YOUR PIG HAVE A TAIL?

- THE LENGTH OF THE TAIL INDICATES THE QUALITY OF YOUR RELATIONSHIPS. THE LONGER THE BETTER.



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MINDSET FLIPPING EXERCISES/GAMES

EARTHQUAKE

1. ASK FOR 9 TO 12 PEOPLE TO VOLUNTEER FOR THE ACTIVITY SO YOU CAN DEMONSTRATE HOW TO PLAY.
2. ASK PARTICIPANTS TO BREAK INTO GROUPS OF THREE (3)
3. HAVE THEM COUNT OFF 1, 2, 3
4. ASK NUMBERS 1 AND 2 TO LOOK AT EACH OTHER AND PUT BOTH THEIR ARMS IN THE AIR. THEN ASK THEM TO HOLD/SLAP THEIR HANDS TOGETHER AND HOLD THEM TOGETHER. THEY HAVE NOW FORMED A HOUSE.
5. ASK NUMBER 3 TO STEP INTO THE HOUSE. THEY ARE NOW CALLED THE OCCUPANT.
6. INFORM ALL PARTICIPANTS THAT THE OBJECTIVE OF THE ACTIVITY IS FOR THEM TO LISTEN TO YOUR INSTRUCTIONS AND FOLLOW THEM. EXPLAIN THAT THE INSTRUCTIONS ARE ONLY ONE WORD.
7. FLOOD - THE HOUSES STAY STILL AND THE OCCUPANT LEAVES /MOVES FROM THE HOUSE AND FINDS A NEW HOUSE TO MOVE INTO/RESIDE IN.
8. TORNADO - THE OCCUPANT STAYS STILL AND THE HOUSES BREAK APART/MOVE. THE HOUSES NEED TO BREAK APART AND FIND ANOTHER HOUSE TO FORM A HOUSE WITH. THEY MUST MOVE THEIR HOUSE OVER AN OCCUPANT. THE HOUSES SHOULD KEEP THEIR HANDS UP TO FIND OTHER HOUSES. HOUSES ARE THE ONLY PEOPLE MOVING.
9. EARTHQUAKE - EVERYONE MOVES! THE GROUPS OF THREE NEED TO BREAK APART AND FIND OTHER PEOPLE IN THE ROOM TO FORM A NEW GROUP OF THREE. TWO PEOPLE FORM A HOUSE AND ONE PERSON BECOMES AN OCCUPANT. PEOPLE CAN BE WHATEVER THEY WANT.
10. PLAY SOME UPBEAT/PARTY MUSIC. START YELLING OUT YOUR INSTRUCTIONS. BE SURE TO MIX UP THE ORDER YOU YELL OUT THE INSTRUCTIONS. ALSO SPEED UP THE TIME YOU YELL OUT THE INSTRUCTIONS.



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EARTHQUAKE DEBRIEF

ASK PEOPLE WHAT THEY LEARNED?

ASK PEOPLE HOW THEY FELT?

EXPLAIN HOW EACH INSTRUCTION REPRESENTS SOMETHING THEY WILL EXPERIENCE IN LIFE AND LEADERSHIP. EXPLAIN HOW THERE ARE PEOPLE WHO OFTEN QUIT THIS EXERCISE. EXPLAIN THAT IF THEY QUIT A GAME THEY MAY END UP QUITTING WHEN A TOUGH SITUATION OCCURS IN LIFE.

FLOOD - A POINT IN LIFE WHERE YOU HAVE TO CHANGE OR ONE PERSON NEEDS TO MOVE OR MAKE A CHANGE

TORNADO - A POINT IN LIFE WHERE THE ENVIRONMENT CHANGES AROUND YOU OR AN INDIVIDUAL/ORGANIZATION

EARTHQUAKE - A POINT IN LIFE WHERE EVERYONE MUST ADJUST AT THE SAME TIME. SOMETHING THAT CHANGES EVERYTHING.

EARTHQUAKE IS ABOUT COMMUNICATION, HELPING OTHERS AND WORKING WITH YOUR GROUP TO FORM A HOUSE WITH AN OCCUPANT. THERE ARE LOTS OF DISTRACTIONS WITH MUSIC, OTHER PEOPLE, TIMING, PACE AND CHAOS, BUT THE IDEA IS TO WORK TOGETHER TO ACCOMPLISH THE OBJECTIVE.

BINGO

MAKE UP A BINGO BOARD IN EACH OF THE BOXES AND WRITE A PERSONALITY TRAIT, CHARACTER TRAIT, DREAM OR SKILL. THE IDEA IS FOR PEOPLE TO LEARN ABOUT EACH OTHER NOT BASED ON PHYSICAL TRAITS. YOU WANT TO GET PEOPLE TALKING. EXAMPLES: MEET SOMEONE WHO IS LEFT-HANDED, SOMEONE WHO WAS BORN IN ANOTHER COUNTRY, IS AN ONLY CHILD, SPEAKS MORE THAN ONE LANGUAGE, HAS NOT SEEN STAR WARS, ETC. WHEN YOU MEET A PERSON WHO CORRESPONDS WITH A BOX ON YOUR BINGO BOARD, THEY SIGN THEIR NAME. YOU CAN SET THE LIMIT FOR HOW MANY TIMES A PERSON CAN SIGN SOMEONE'S BINGO BOARD. GIVE OUT A PRIZE FOR THE FIRST PERSON TO GET BINGO AND FOR THE PERSON TO GET EVERY BOX SIGNED.

BE SURE TO EXPLAIN TO EVERYONE THAT SOME PEOPLE RECEIVED A PHYSICAL GIFT, BUT THE TRUE REWARD WAS LEARNING MORE ABOUT THE OTHER MEMBERS OF THEIR TEAM.



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HIGH FIVE

HAVE A CLOCK OR TIMER.

ASK EVERYONE PARTICIPATING TO STAND UP AND GIVE PEOPLE AROUND THEM A "HIGH 5." EXPLAIN THAT EVERYONE IS DOING A GREAT JOB PARTICIPATING. ASK THE QUESTION TO THE GROUP, "HOW LONG DO YOU THINK IT WOULD TAKE FOR EVERYONE TO HIGH 5 FIVE PEOPLE IN THE ROOM?"

LET PEOPLE YELL OUT ANSWERS.

SELECT A NUMBER.

EXPLAIN THAT EVERYONE THE GOAL. THEY MUST STAND UP, HIGH 5 FIVE COMPLETELY DIFFERENT PEOPLE AND SIT BACK DOWN ANYWHERE.

EXPLAIN THAT YOU WILL TIME THE ACTIVITY. YOU WILL START THE CLOCK WHEN YOU SAY GO AND STOP IT WHEN THE LAST PERSON SITS DOWN.

KEEP PLAYING UNTIL PEOPLE ARE TIRED OR UNTIL YOU BEAT THE GOAL. MANY TIMES THERE WILL BE SOMEONE IN THE ROOM WHO WILL PUSH TO DO SOMETHING BETTER.

BE SURE TO MODIFY THE ACTIVITY FOR ANYONE WITH A PHYSICAL LIMITATION. THEY CAN SIT AND HIGH FIVE PEOPLE.

DEBRIEF

EXPLAIN TO EVERYONE THAT IT IS IMPORTANT TO PUSH YOURSELF TO DO MORE THAN EXPECTED. DON'T SET THE BAR LOW. WORK AS A TEAM TO PUSH YOURSELF TO DOING SOMETHING THAT APPEARS IMPOSSIBLE. YOU CAN ALSO COMMENT ON HOW RECEIVING A HIGH 5, A THANK YOU OR A COMPLIMENT FOR YOUR WORK MOTIVATES PEOPLE. WE ARE QUICK TO CRITICIZE BUT SLOW TO REWARD.



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MY FAVORITE UTENSIL

COLLECT YOUR A BUNCH OF COOKING/KITCHEN UTENSILS

ASK EACH MEMBER TO PICK A UTENSIL AND EXPLAIN WHY IT BEST REPRESENTS WHO THEY ARE AND WHAT THEY BRING TO THE TEAM. TALK TO FOOD SERVICE OR VISIT THE DOLLAR STORE.

EXPLAIN THAT A MEAL CAN'T BE CREATED WITH ONLY ONE UTENSIL. YOU NEED TO UNDERSTAND HOW EVERY UTENSIL WORKS BEST AND HOW THEY CAN BE USED TO CREATE A GREAT MEAL/DREAM

HOW HIGH CAN YOU GO?

GET BUILDING BLOCKS, LEGO BRICKS, ASSORTED OBJECTS OR SOMETHING CAN BE STACKED HIGH. BREAK EVERYONE INTO FOUR TEAMS. LET THEM KNOW THEY HAVE 2, 3, 4, OR 5 MINUTES TO BUILD THE TALLEST TOWER/STRUCTURE POSSIBLE. GIVE THEM A COUNT DOWN AND LET THEM WORK AS A TEAM. NATURALLY THEY'RE GOING TO TRY TO BEAT THE OTHER TEAMS. THE GOAL WAS JUST TO BUILD A TALL TOWER AND NOT BEAT THE OTHER TEAMS.

BONUS - TO BE MORE CREATIVE YOU CAN ALSO USE THE LEGO BRICKS TO HAVE THE TEAMS BUILD SOMETHING TOGETHER. GIVE THE TEAMS A SET AMOUNT OF TIME (I LIKE 2 MINUTES) TO BUILD A HOUSE. YOU CAN GET CREATIVE AND YELL OUT ANYTHING. EXAMPLES: CAMPFIRE WITH SMORES, EVERYONE BUILDS A CAR, EVERYONE BUILD A ROCKET, EVERYONE BUILDS A CUP, EVERYONE BUILDS A CELL PHONE. IT'S FUN TO WATCH CREATIVITY AND WATCH PEOPLE WORK TOGETHER.

WHEN THE EXERCISE IS OVER, ASK PEOPLE WHAT THEY LEARNED ABOUT THEIR TEAM MEMBERS. DISCUSS ROLES PEOPLE TOOK. IN THE END, EXPLAIN THAT THE ORGANIZATION CAN GO AS HIGH AS THE TEAM AGREES TO WORK TOGETHER. LET THEM KNOW IT WASN'T ABOUT HOW HIGH THE OTHER TEAMS WENT, IT WAS ABOUT HOW HIGH THEIR TEAM WENT.



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GREEN (INDIVIDUAL OR SMALL GROUP ACTIVITY)

ON A PHONE OR PIECE OF PAPER ASK EVERYONE TO WRITE OR TYPE ANY FOOD OR BEVERAGE THEY CAN THINK OF THAT IS THE COLOR OF GREEN. HAVE A STOPWATCH OR TIMER. GIVE EVERYONE 1 MINUTE TO COME UP WITH AS MANY ITEMS AS THEY CAN.

ONCE COMPLETE, FIND OUT WHO HAS THE MOST ITEMS. HAVE THEM READ THE ITEMS OUT LOUD. YOU CAN GIVE THEM A PRIZE.

DURING THE DEBRIEF ASK PARTICIPANTS WHAT THEY FOUND DIFFICULT. ASK THEM IF THEY LIMITED THEMSELVES MENTALLY. THE OBJECTIVE OF THE ACTIVITY IS TO OPEN THEIR MINDS AND NOT LIMIT THEMSELVES MENTALLY. MENTAL BARRIERS BECOME PHYSICAL BARRIERS

THOSE ARE A FEW QUICK IDEAS. IF YOU NEED MORE, LET ME KNOW.

A FUN BONUS IDEA IS TO HAVE PEOPLE DRAW A STICK FIGURE ON A PIECE OF PAPER. USE A MARKER. WITH A PEN, ASK THEM TO DRAW 3 THINGS THEY ARE REALLY GOOD AT. WITH A PENCIL DRAW THREE THINGS THEY WOULD LIKE TO IMPROVE ABOUT THEMSELVES. HAVE THEM SHARE WITH THE GROUP. PEOPLE ARE VISUAL LEARNERS. THE PEN REPRESENTS THE THINGS WE'RE GOOD AT, IT'S HARD TO ERASE. THE PENCIL REPRESENTS OPPORTUNITIES TO GROW. ONCE WE IMPROVE, WE CAN RETRACE IT WITH A PEN OR ERASE IT AND DRAW IT IN PEN.

LEARNING LESSON DON'T THINK NEGATIVELY ABOUT YOURSELF. WE HAVE THINGS WE'RE GOOD AT AND OPPORTUNITIES TO LEARN AND GROW. BY SHARING WITH THE GROUP PEOPLE WILL LEARN PEOPLE'S STRENGTHS AND OPPORTUNITIES TO HELP EACH OTHER GROW, THUS CREATING A STRONGER TEAM.

PLEASE CONTACT ME TO LEARN HOW I CAN PARTNER WITH YOU AND YOUR ORGANIZATION TO MAKE YOUR NEXT CONFERENCE, CONVENTION, RETREAT, ORIENTATION, FUNDRAISER, OR TRAINING EVENT A FRESH EXPERIENCE FOR ALL.

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