

**Biography
of
Rob Frost**

I am Robert (Rob) Frost. I am seeking to join the Starfish Foundation Board of Directors in 2022.

I am the youngest of seven kids; I have one sister and five brothers. I grew up in a stable but unemotional household. Affection was not shown with hugs, kisses, or saying I love you. Additionally, growing up, I wasn't taught the proper ways to deal with strong emotions.

Once 18, I moved out with my future wife and started an emotionally unhealthy relationship that lasted the next 21 years. We divorced and in 2014, I met my current wife and started on a new journey of self-awareness to learn more about myself and the people around me.

In 2016, I became active with the Center for Creative Learning when I took Successful Living Basic Training and Taking It Lightly. Shortly after graduating, I became involved in the Fundraising Committee. Additionally, I have staffed many Taking It Lightly weekends between 2016 & 2018 and took Walking in the Light in November 2018. In July 2018, I relocated to Pennsylvania for my job.

Since taking my weekends and having the privilege of staffing, I have become a hugger and a more compassionate person. I can empathize with the trials that people have gone through and assist in helping on the way to healing. One of my strengths is being a good observer of actions and words to see a path forward, whether healing or working on a project or committee.

I am seeking a position on the Board because I can utilize my intuitiveness, business knowledge, and project management skills to assist in planning schedules to accomplish tasks. Additionally, I have a keen eye for building relationships, all the things that make and keep an organization moving and growing.

I believe in the mission and vision of the Starfish Foundation and look forward to serving.

I am currently working full-time as a Senior Project Manager and completing my MBA, with graduation set for December 2021.