



763 Santa Fe Drive
Denver, Colorado 80204
Phone: 303-825-8700
info@heartledleadership.com
www.heartledleadership.com

Eric Frohardt

Introduction

Combining the skills acquired from nearly 12 years of active duty as a Navy SEAL, an entrepreneur and CEO, and a passion for heart led leadership, Eric Frohardt is an expert in managing fear, while delivering consistent excellence.

While on active duty, Eric served on various SEAL Teams and deployed numerous times to hot spots around the world, in support of the Global War on Terror. He received a Bronze Star with Valor in both Iraq and Afghanistan, a Purple Heart for injuries received in combat, and various other medals, awards, and commendations.

He's co-founded a number of different businesses, most notably the BluCore Shooting Center, an indoor shooting range, gun store and firearms training facility.

He is currently the CEO of StrongFirst – a premium strength and fitness education company with a global presence of more than 2,000 instructors.

Please join me in welcoming Eric Frohardt!