

## Andre Rush

Celebrity Chef, Decorated U.S. Army Combat Veteran, Mental Health & Wellness Advocate, TV Host

**How to Create Your Own Recipe for Success.** If there's one thing Chef Andre Rush has learned on his journey from humble beginnings growing up in the Columbia, Mississippi projects to serving in Afghanistan and Iraq and becoming an esteemed White House chef, it's that life constantly presents us with opportunities, but it's up to us to choose the right path. Pulling audiences in with striking anecdotes of pivotal moments in his personal and professional lives, Chef Rush reveals a fresh perspective on how anyone can recognize when opportunities are in front of them and determine which ones will put them on the path to achieving their goals. In this talk, he inspires audiences to step out of their comfort zones to make an impact, reinvigorates their commitment to their passions and values, and demonstrates what's possible when we uplift others so that they can realize their full potential as well.

**Leadership Lessons from Combat to Cooking — and Everywhere in Between.** Braving the heat of battle and thriving in the heat of the White House kitchen, renowned celebrity Chef Andre Rush has stood side-by-side with some of the world's greatest leaders, allowing him to see the business world in unconventional ways and offering him unique insight into the elements of leadership that move people to action. A leader in his own right, having served in various positions of importance during his tenure in the military, Chef Rush combines his own experiences with his firsthand observations of the traits of the leaders he worked alongside to share valuable lessons for how to lead with purpose, orient your people toward a shared mission, and instill a sense of fulfillment in your team while sparking high performance.

**Winning the Battle Within Begins with Reframing Your Mindset.** Following Chef Andre Rush's distinguished military career, he faced a new battle: the one inside his head. Struggling to cope with post-traumatic stress disorder, Chef Rush began performing 2,222 push ups a day — an extraordinary physical feat that greatly benefited his mental strength, while also providing an outlet for him to honor the 22 veterans who take their own lives each day due to their battles with PTSD. In this talk, Chef Rush opens up to the audience as he shares how he was able to turn the negative thoughts into positive actions, while offering practical action steps and resources for how they can do the same. The wisdom he shares motivates audience members to face the battle within head-on as they work to unlock the positive, can-do mindset that will provide the foundation for their future successes.

**Finding the Positives in Adversity.** Adversity rears its unfriendly face at various points in all of our lives. Combat veteran and celebrity Chef Andre Rush first encountered adversity growing up in Columbia, Mississippi where he was often confronted with racism and hardship. Adversity would continue to be something he dealt with in adulthood, especially in his struggles with PTSD. No matter what shape adversity has presented itself in, Chef Rush has never let it stop him from achieving some truly outstanding feats — from becoming a world-famous White House chef to bench pressing 700 pounds! In this lively, glass-half-full session, Chef Rush shares hard-won insights on optimism and hope, while empowering audience members to smash the obstacles in front of them and reframe hardships as opportunities for growth.