

ARIC BOSTICK

NATIONAL EDUCATION
SPEAKER & TRAINER



Bio

Aric Bostick is one of the nation's most dynamic education speakers and trainers, igniting school leaders, educators, support staff, and corporate leaders and teams to show up with renewed energy, authentic connection, and a clear sense of purpose. Over the past 25 years, he has inspired more than half a million people across 500+ school districts, corporations, and conferences nationwide.

A former high school teacher and coach, Aric blends heart, humor, and the science of relationships (known as Attachment Theory) to help school and work communities strengthen connection, regulate stress, and reignite their passion for serving students and adults. His attachment-informed, neuroscience-based approach translates the science of relationships into practical tools that everyone in the building can use to create secure, high-trust environments where people feel seen, supported, and secure in their work relationships.

Aric has been invited to keynote the **National School Nutrition Conference** as well as multiple **state-level School Nutrition Association conferences**, where he has inspired nutrition directors, managers, industry leaders, and cafeteria teams with powerful, practical strategies to boost connection, teamwork, and engagement in the cafeteria and beyond.

He is the creator of the ***Fired Up to Show Up*** professional development program and the **Year-Round PD Partnership** model for sustained school and organization culture change. His work helps leaders, educators, and teams recognize the vital role they play in students' or their colleagues daily lives—using everyday interactions to build belonging, restore energy, and create work environments where every person feels cared for and connected.



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Description of Program

TASN Conference Opening Keynote

***FIRED UP to SHOW UP:
Fuel Your Purpose & Lead with Intention***

Conference:

TASN 2026 Partnership Collaboration Summit (PCS)

Event Date:

February 2-3, 2026

Audience Members:

K-12 Child Nutrition Decision-makers and Industry Partners

Keynote Program Title:

Fired Up to Show Up: Fuel Your Purpose and Lead with Intention

Program Description:

K-12 Child Nutrition leaders and their industry partners do far more than manage meals and operations — they shape team culture and influence how every campus feels. Behind staffing, procurement, and daily decisions are relationships that determine how well teams communicate, collaborate, and serve.

In this energizing, laughter-filled keynote, Aric Bostick — former teacher, coach, and nationally recognized speaker — helps participants reconnect to their Fuel (purpose), and become more Intentional about building strong, secure professional relationships. Grounded in attachment-informed leadership, Aric shows how supportive adult relationships reduce stress, improve morale, and strengthen collaboration across departments and partnerships. When people feel valued and connected, everything runs better.

Key Takeaways

- Reconnect with the deeper why behind your work.
- Understand how connection and attachment shape team culture and morale.
- Learn simple, intentional practices to strengthen relationships with staff and partners.
- Leave FIRED UP to SHOW UP for yourself, your team, and your community.





Description of Program

TASN Conference Workshop

Fired Up Teams!

Conference:

TASN 2026 Partnership Collaboration Summit (PCS)

Event Date:

February 2-3, 2026

Audience Members:

K-12 Child Nutrition Decision-makers and Industry Partners

Workshop Program Title:

Fired Up Teams!

Program Description:

Child nutrition programs run on people — and the strength of their relationships. This interactive workshop gives nutrition leaders, staff, and industry partners simple, effective tools to communicate better, build trust, and work together with greater unity.

Through engaging team-building activities, meaningful questions, and active listening strategies, participants will learn how to improve collaboration, strengthen morale, and create a culture where everyone feels valued and supported. Whether managing a kitchen, leading a district team, or partnering with vendors, these practices help teams show up with clarity, connection, and purpose.

This workshop helps child nutrition teams and industry partners SHOW UP better for one another — creating connection, collaboration, and shared success.





Description of Program

TASN Conference

Closing Keynote

***Fired Up to Show Up:
Regulate Your Stress, Restore Your Energy***

Conference:

TASN 2026 Partnership Collaboration Summit (PCS)

Event Date:

February 2-3, 2026

Audience Members:

K-12 Child Nutrition Decision-makers and Industry Partners

Closing Keynote Program Title:

Fired Up to Show Up: Regulate Your Stress, Restore Your Energy

Program Description:

As the conference wraps up, this closing session gives nutrition leaders and their industry partners a much-needed moment to breathe, reset, and refuel. Aric Bostick brings the final two principles of his **F.I.R.E. framework** — **Regulate** and **Energy** — to life with humor, heart, and simple, science-backed strategies that make the hardest days feel more manageable.

Through relatable stories and attachment-informed insights, Aric shows how to calm your nervous system when pressure rises, protect your energy throughout the day, and reconnect to the purpose that keeps you leading with confidence and compassion. You'll leave grounded, recharged, and **FIRED UP to Show Up** with renewed strength for your team and community.

