



Colorado Crimson Group

Principled Leadership Training & Executive Coaching

Why Ken Fritz

Ken has over 28 years in supervisory and management positions. He has seen and experienced the benefits and deficiencies of both the military and civilian management and leadership styles, systems and organizations at all levels. As a fighter pilot he has been exposed to highly analytical thinking, fluid decision making responsibilities, challenging positions and extreme stress. In addition during his military career he has been exposed to several countries, cultures, and unmatched camaraderie with fellow squadron personnel and been mentored by several of the best and highest-ranking individuals from the United States, Germany, and Canada.



In the civilian structure, Ken has managed and supervised various departments, projects, and programs requiring his expertise, experience and leadership skills to handle issues involving high level leaders in the U.S. (Congressmen, senators, and CEO's of several companies) as well as distinguished officers and representatives from 41 different countries around the world.

Since 2001, Ken has been training and educating audiences around the United States on leadership skills and professional development. Audiences ranged from college students to CEOs and he has spoken in every possible setting from the basement of a restaurant to major auditoriums.

Candid Comments from Ken Fritz

It's no big deal. I flew jets and have been around high-level leaders. I do not count those things in my highest accomplishments. The success I have had working with people over the last 40 years trumps all of the jet noise and high-level hand shaking I have ever done.

Since I started my professional career I have physically moved 25 times – all up and all down. I have seen and been involved with organizations at their highest point of efficiency and morale as well as at their worst. Being part of the recovery of one of those organizations was one of my personal high points. I have gained and lost people, organized and reorganized organizations, and worked hand-in-hand with different cultures. I know about change and the difficulties it can bring with it. Taking care of the men and women who worked for me (yes, coaching) during those difficult times was critical.

At one time, stress was an unwanted constant companion that gained control over my life in an insidious and malevolent way. I was under the mistaken



Colorado Crimson Group

Principled Leadership Training & Executive Coaching

impression that I was working hard, but still very much in control. I was tired from all my work and just needed to get a few more things done and I would be “on top” again. Nothing could have been further from the truth. I have seen stress from the worst possible angle and understand what it is like to have been beaten by it. I have also recovered fully and understand how to slay the dragon. After this season of my life passed (25 years ago), I fully understand the ramifications of overwhelming stress and how to adjust both attitude and situation to combat this professional career killer. It starts with recognition first which is the most difficult for most people.

Personally, I have had: family members (not me) addicted to different substances, divorced parents, an early death of a father, my own divorce, financial setbacks, suffered through the death of 20 friends in the military, a couple of major hospital episodes, stress at the highest possible level, and grazed dangerously close to a cancer threat. And, I have been coached, mentored, and cared for by the best. It’s hard to believe someone could bring something to any of my coaching sessions I haven’t personally seen or dealt with previously. I’m not proud of the problems I have had, but I am now grateful because of all I have experienced and learned.

I believe you don’t really know a subject until you can teach it effectively and I have been teaching and training on the subject of Leadership for 15 years. Evaluations put me in the top 10% of trainers in the U.S. and I use all the same knowledge in my coaching sessions. Over the last 35 years I have coached men and women both below and above my “titled” level of leadership and all with positive results. I believe nothing is better or more important than helping someone improve themselves. If they improve personally, they will naturally become better professionally.

Give us a call and let’s talk about how we can help.
719-640-2490