



Dr. D.F. Arnold (Biography)

A native of Cleveland Ohio, Dr. D. F. Arnold is an author, consultant and motivational speaker. Dr. D.F Arnold provides training in leadership and motivation to a wide range of groups --- including professional athletes, executives, students and individuals across the United States.

Dr. Arnold understands success and failure. He also understands how to motivate others to achieve their dreams and discover their PURPOSE. After getting kicked-out of two different high schools and ultimately graduating from a continuation school, his message is simple “It’s not how you start, but how you finish that counts.”

With a Ph.D. in education administration from Washington State University, Dr. Arnold works with the National Football League’s Rookie Transition Program, the league’s onboarding program for drafted and undrafted rookies. He has been a facilitator at NCAA leadership conferences, and a panelist on discussions concerning the state of public schools. Dr. Arnold is the author of several books, including “[The PyramIT of Purpose](#),” the motivational “[Doc’s Daily Dose](#),” and the children’s superhero storybook “[I AM/Mirror Mirror](#).”

Dr. D.F. Arnold has spent years motivating organizations, individuals, and college and professional athletes, to develop their unique purpose. He has a keen way of turning what he touches into gold. It isn’t just his great smile and his way with words that motivates people to take action like never before. Dr. D.F. Arnold’s candidness, transparency, passion, and high-energy motivates audiences to step beyond their limitations and into their greatness.

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