LTC Adam Kirschling was born and raised in Milwaukee, Wisconsin. He received his commission as an Artillery Officer from Ripon College Army Reserve Officer Training Corps (ROTC) in 2006. His military education includes the Field Artillery Officer Basic Course, Field Artillery Captain's Career Course, Army Information Operations Planner's Course, Tactical Air Operations, First Army's OC/T Academy, and the resident Command & General Staff Course. He has a Bachelor's degree in Environmental Studies with a minor in Military History from Ripon College and a Master's Degree in Educational Leadership - Adult Education from Kansas State University.

During his career, LTC Kirschling served as a Troop Fire Support Officer in 6-8 Cavalry Squadron and a Platoon Leader in 1-76 Field Artillery while deployed to Iraq in support of the Iraqi Surge. He served as the Assistant Brigade Fire Support Officer and the Brigade HHC Company Commander in 1st Combat Aviation Brigade - also while deployed to Iraq in support of New Dawn. Following his company command time, LTC Kirschling served as an Observer Controller/Trainer Team Officer in Charge and Training Support Battalion Operations Officer in 3-340th Infantry Battalion and the Assistant Brigade Operations Officer and Deputy Plans and Exercise Chief in 181st Infantry Brigade. He later served as the Chief of Operations for Task Force Southeast in Afghanistan (Freedom's Sentinel) while attached to 1-40 Cavalry Squadron. Upon redeployment, he was the Operations Officer for 1-5 Infantry Battalion and then transitioned to the Executive Officer of 2-8 Field Artillery – deployed in support of Inherent Resolve in Iraq. His most recent assignments include the Secretary of the General Staff for United States Army Alaska, and the Professor of Military Science at the University of South Dakota.

LTC Kirschling's awards and decorations include the Bronze Star (3OLC), Meritorious Service Medal (2OLC), Army Commendation Medal (1OLC), Army Achievement Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal (3), Inherent Resolve Campaign Medal, Global War on Terrorism Medal (Expeditionary), Army Service Ribbon, Army Overseas Service Ribbon, and the NATO Medal.

LTC Kirschling is married to his wife, Laurie. They spoil their dog, Goulash.