

Kitchen Inspired Brands



Frank's presentation helped to change the culture of our stores.

—Brandon Ramsey, Microsoft Stores

KEYNOTE SPEAKER MEDIA KIT

FRANK KITCHEN



MEET FRANK KITCHEN



WATCH FRANK
IN ACTION



**Looking for a Keynote Speaker
who can Flip a Stale Event into
a Fresh Learning Experience
Your Audience will Rave About?**

Meet Frank Kitchen, ***The Professional Growth Expert***. Through his proven Live F.R.E.S.H.™ Recipe, Frank works with high-performing professionals, leaders, and entrepreneurs to flip stale thinking into focused, results-driven action. His high-energy, practical keynotes don't just inspire—they equip audiences with tools they can use immediately to elevate performance, sharpen leadership, and sustain momentum long after the event ends.



Frank Kitchen is a 2022 recipient of the Certified Speaking Professional (CSP) Designation from the National Speakers Association (NSA). It is the Highest Earned Honor in the Speaking Industry. Less than 1,000 speakers worldwide have earned this certification since its creation in 1980.

SEE FRANK IN ACTION



[CLICK HERE](#)

FRANK
KITCHEN





WATCH FRANK IN ACTION

”

Simply a must! The best motivational speaker I've ever heard. He definitely makes you change your mindset.

Elmore County Child Nutrition Program Attendee



TAILORED SERVICES

FRANK DELIVERS HIGH-IMPACT PRESENTATIONS THAT INSPIRE, EDUCATE AND EMPOWER

CONFERENCE KEYNOTES

Energize your event with powerful, actionable keynotes.

PROFESSIONAL DEVELOPMENT PROGRAMS

Boost skills and morale with dynamic sessions.

LEADERSHIP RETREATS

Inspire collaboration and innovation in your team.

SALES MEETINGS

Drive results with targeted, motivating insights.

ORIENTATION PROGRAMS

Build excitement and connection from day one.

TEAM BUILDING EVENTS

Strengthen teamwork with interactive experiences.



FRANK'S INFLUENCE

Real feedback from event attendees



**WATCH FRANK
IN ACTION**



NATIONAL SPEAKERS ASSOCIATION INFLUENCE

”

This session was a FEEL GOOD moment! This session made me want to change my mindset to a mode that will better me as an educator and that mindset with impact my students for the better.

*Casa Grande Elementary
School District*



”

Frank has so much energy and good vibes. He makes you really think and feel. He really gets me thinking about how I can be a better Procurement Director, be a better wife and be a better friend.

*Illinois Association of Public
Procurement Officials*



”

Exactly what I needed today as I'm pushing to start a new year. You helped me put words to some feelings I've been having and I'm grateful for the opportunity to hear your take on leadership! Inspiring!

*Tucson Unified School District
Food Service Department*



”

After Frank's session I feel like I am not a failure. I am progress and I need to push myself to not only work harder towards my dream but to also love myself
*Society of Defense Financial
Management*



SDFM

”

He was a blast and so informative while being fun and engaging.

SUNY Oswego



”

Incredibly insightful and engaging session with actionable takeaways.

PGA Tour Annual Conference





SIGNATURE PROGRAM #1



LIVE F.R.E.S.H.

"FLIP STALE THINKING INTO F.R.E.S.H. RESULTS IN YOUR CAREER, BUSINESS OR ORGANIZATION"

Success goes stale when your mindset does. Too many talented professionals hit a wall—not because they lack skill, but because they're stuck in stale thinking that kills creativity, motivation, and momentum. In this high-energy and interactive experience, Frank Kitchen will teach you how to flip your mindset and start living F.R.E.S.H.—Focused, Resourceful, Enthusiastic, Strong, and Honest.

Through engaging stories, practical strategies, and a few reality checks, Frank will equip you to think differently, perform confidently, and lead authentically. You will walk away with a renewed perspective and the tools needed to turn everyday challenges into opportunities for growth and success.

WHY FRANK KITCHEN?

4 REASONS YOU'LL LOVE WORKING WITH FRANK:



**WATCH FRANK
IN ACTION**

1

As a former event professional, Frank collaborates with your team before and after your event to ensure you COOK UP the most flavorful LEARNING experience possible.

2

Frank tailors every session to your specific needs, avoiding generic lectures with boring PowerPoints. His goal is to deliver a high-energy, interactive experience that makes you and your team laugh, learn, and TAKE ACTION.

3

Frank is committed to the success of your event, including creating a pre-event marketing video to boost attendance and ENGAGEMENT.

4

With over 30 years of experience as a Certified Speaking Professional (CSP), trainer, educator, author, and business owner, Frank is your go-to expert on transforming stale thinking into RESULTS.

”
Frank gave a keynote address at our Annual Sales Kickoff, and it was a blast. His **F.R.E.S.H.** message and stories brought great energy to the room. I highly recommend Frank for Motivational Keynote Speeches.

Karan Yaramada
CEO and President
Jade Global, INC





SIGNATURE PROGRAM #2



IT'S OKAY TO PLAY

"HOW TO TRANSFORM YOUR CULTURE FROM STALE TO F.R.E.S.H."

Is your team's culture feeling stale—dull, disconnected, or uninspired? It's time to flip the recipe and serve something F.R.E.S.H.! In this high-energy, interactive experience, Frank Kitchen will teach you how to use the power of play to ignite engagement, collaboration, and lasting results.

Through his Live F.R.E.S.H.™ methodology, Frank will treat you to a hands-on "Culture Cooking Class" of activities that get you thinking, laughing, and moving. He will prove how play can drive performance, boost morale, and create environments people are hungry to be part of.



FRANK'S INFLUENCE

Real feedback from event attendees

 **WATCH FRANK
IN ACTION**

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Everything that he spoke about today is relevant and inspiring to bring back to my schools that I supervise.

*...Dairy Association Northeast...
Event Attendee*



AMERICAN DAIRY
ASSOCIATION

”

Frank's speech helped me realize why a specific goal/dream I have isn't being achieved. I need to LIVE it! He talked about the recipe of F.R.E.S.H. Focus is my first priority. Thanks!

Utah NIGP Attendee



”

Frank did a great job of making attendees feel comfortable, whether or not they wanted to participate or physically unable to participate. The room was full of laughter and fun and was a great way to end several days of sessions. Thanks much!

*Colorado Municipal Clerks
Association Attendee*



”

Absolutely phenomenal, couldn't have asked for a better way to start a morning. Very engaging and definitely useful information to pass along to our staff!

*NACUFS Conference
Attendee*



”

Frank was incredibly inspiring! I have always had a lot of self doubt career wise and this helped me see that I am my biggest wall that I need to overcome!

*AMOCO Federal Credit Union
Attendee*



**Life changing. Frank teaches you
how to live life and succeed.**

” Colorado School Nutrition Association Attendee

INVITE FRANK TO SPEAK AT YOUR NEXT EVENT

Contact Frank to design an
engaging and impactful learning
experience tailored for your team



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