

## Kitchen Inspired Brands



KEYNOTE SPEAKER MEDIA KIT



**“Frank showed up as the kind of professional every event organizer hopes for.”**

“ *Ashely Redick, MPI Arizona Chapter* ”

**FRANK**  
**KITCHEN**



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

Frank Kitchen, CSP helps professionals and organizations break through stale thinking and execute at a higher level at work. His keynotes blend practical insight with real-world experience to drive focus, ownership, and measurable results—long after the event ends.

MEET FRANK KITCHEN

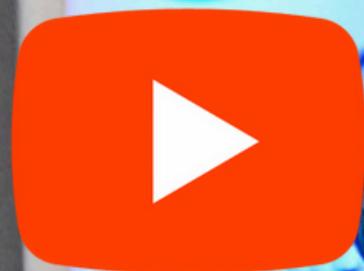


**WATCH FRANK  
IN ACTION**



*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 EXPERIENCES FOR ASSOCIATIONS AND ORGANIZATIONS

Frank Kitchen delivers high-impact keynote experiences designed to drive clarity, engagement, and execution—across a wide range of professional settings.

### CONFERENCE KEYNOTES

Unify your audience with a high-energy keynote that breaks through stuck thinking and creates momentum that lasts beyond the event.

### PROFESSIONAL DEVELOPMENT PROGRAMS

Equip professionals with practical frameworks that improve focus, ownership, and day-to-day performance at work.

### LEADERSHIP RETREATS

Strengthen alignment, accountability, and collaboration with an experience that challenges leaders to think differently and lead more intentionally.

### SALES MEETINGS

Reignite focus and execution by helping sales teams break through mental roadblocks and perform with confidence under pressure.



## 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 KEYNOTE



### LIVE F.R.E.S.H.™

*“How Professionals Break Through Stale Thinking to Create Meaningful Results at Work.”*

At every stage of a professional career, one challenge shows up again and again: **feeling stuck**. Not because people lack talent or effort—but because familiar thinking quietly limits focus, confidence, and execution.

In this high-energy, interactive keynote, Frank Kitchen helps professionals identify what's holding them back and replace it with a clear, practical way forward. Using his proven LIVE F.R.E.S.H.™ Framework, Frank equips participants to sharpen focus, take ownership, and engage with their work in ways that produce real results—whether they're leading, contributing, or growing a business. This is not a motivational pep talk. It's a professional reset designed to move people from intention to action, leaving them with clarity, confidence, and momentum to produce results that last.



## FRANK'S INFLUENCE

Real feedback from event attendees

**WATCH FRANK  
IN ACTION**

“  
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



“  
Everything that he spoke about today is relevant and inspiring to bring back to my schools that I supervise.  
Dairy Association Northeast Event Attendee



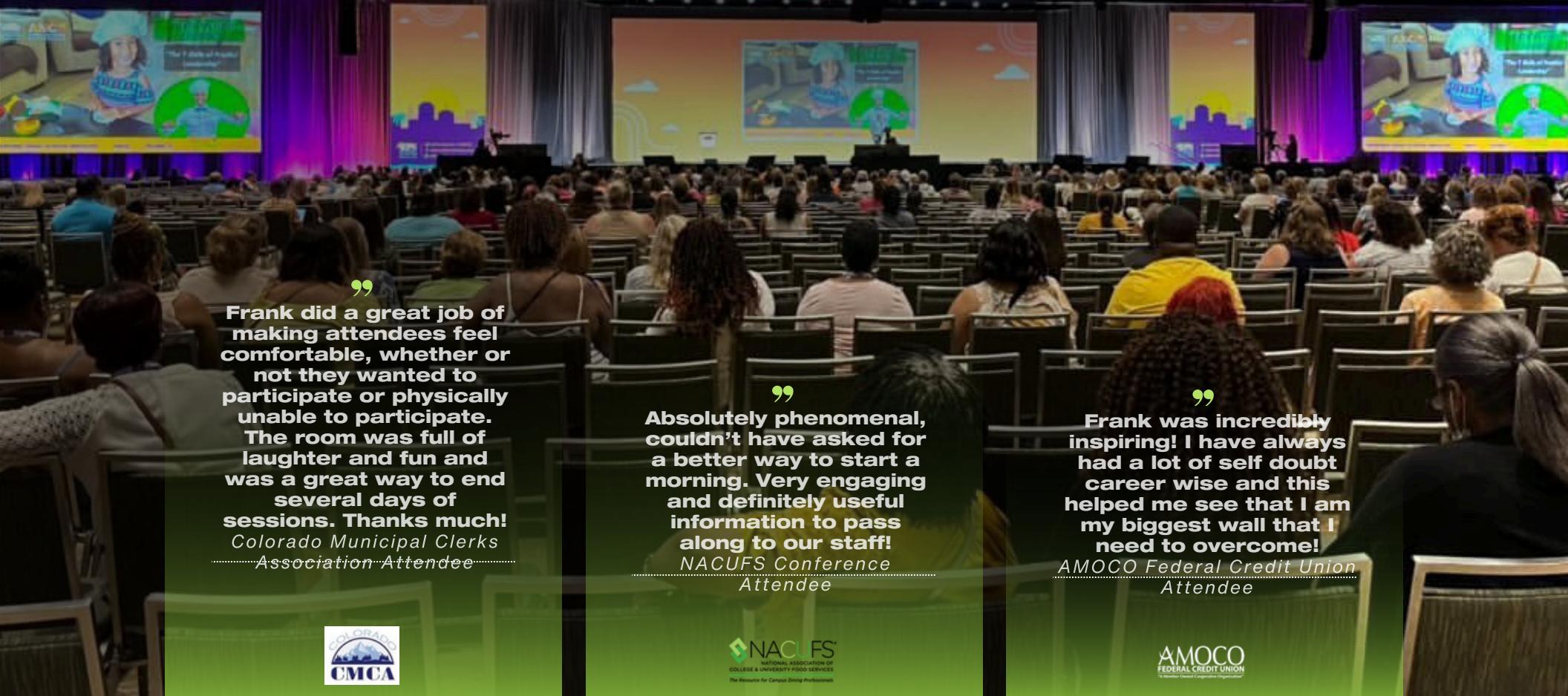
“  
Absolutely phenomenal, couldn't have asked for a better way to start a morning. Very engaging and definitely useful information to pass along to our staff!  
NACUFS Conference Attendee



“  
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

“  
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



## WHY FRANK KITCHEN?

### 4 REASONS YOU'LL LOVE WORKING WITH FRANK:

 **WATCH FRANK  
IN ACTION**



1

**He Thinks Like an Event Professional—Not Just a Speaker.** Frank aligns with your goals before and after the event to ensure the keynote delivers meaningful, lasting **IMPACT**

2

**Every Keynote Is Grounded in a Proven Framework.** Frank doesn't deliver generic talks. Each keynote is built around his proprietary framework, creating a high-energy experience that engages professionals and moves them to **ACTION**.

3

**Momentum Beyond the Stage.** Pre-event and post-event support helps increase **ENGAGEMENT** and reinforce key takeaways.

4

**Credibility Backed by Experience and Results.** With 30+ years of leadership experience and the **CSP** designation, Frank brings clarity, confidence, and real-world insight that organizations trust to drive **RESULTS**.

“  
**Frank's positive attitude and commitment to delivering meaningful content were evident at every step. Partnering with Frank was not only effortless but truly enriching for the PRTESOL community**

*Héctor L. León Cartagena,  
PRTESOL President*



## BOOK FRANK FOR YOUR NEXT EVENT

Partner with Frank to deliver a high-impact keynote experience that helps professionals break through stuck thinking and create meaningful results at work.

**“Your keynote was amazing and one of the best this conference.”**

“Susan Arnold - Past President -AAPPSPA



**Remarkable!**  
A SPEAKERS BUREAU

Office - (888) 766-3155

Mobile - (336) 707-0859

[sue@remarkablespeakersbureau.com](mailto:sue@remarkablespeakersbureau.com)

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