



FRANK C KITCHEN

"THE PERFORMANCE CHEF"

As a Motivational Speaker and Author, Frank works with Organizations who want to Fire Up the Performance of their Teams!

TASTY FACTS ABOUT FRANK



Based in Phoenix, AZ, Frank has been assisting students and professionals cook up the dreams they hunger for over 30 years.



Member of the National Speakers Association (NSA) and Volunteer for several committees.



Happily married to his Kelly and father of Elijah and Olivia.



Proud Graduate of Lakeland Community College and Myers University.



Is the author of 2 books and has contributed articles for several publications and magazines.



Frank has spoken / performed for over 1 million people around the world as a speaker, entertainer, auctioneer and MC.

MAJOR MILESTONES

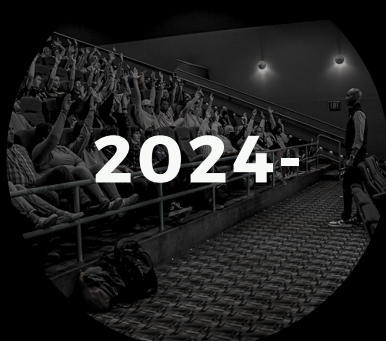


Frank was fired by his employer. That year Frank got hungry and committed to living the Professional Speaking Dream he had been "talking" about for years and crafted the mindset needed to transform his speaking aspirations into the 5-Star Masterpiece.

Frank earned his Certified Speaking Professional (CSP) Designation, recognizing him as one of the top Professional Speakers in the world by the National Speakers Association



Frank would love to work with you and your team to make your next Conference, Convention or Training Event a tasty learning experience that fires up the performance of your team. To learn more about Frank and his "Kitchen Inspired" programs, please visit his website



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Frank C. Kitchen, CSP, is an award-winning retail manager, trainer, college educator, performer, and motivational speaker. He was the 3rd African American on the planet to be recognized as a fundraising auctioneer.

Born in Bad Kreuznach, Germany, Frank Kitchen spent over twenty years educating, energizing, and empowering thousands of students and professionals to transform their loftiest aspirations into reality. In 2025, on Father's Day weekend, Frank was fired by his employer and his world changed. That weekend, the expectant father committed to cooking up the 5-star performance masterpiece he'd been dreaming about for years...to become a professional keynote speaker.

After years spent sampling a variety of employment and volunteer opportunities, it was time for Frank to share his F.R.E.S.H. recipe for firing up your performance and cooking up the amazing results you hunger for with the world.

The same recipe he would use to go from unemployed, to being recognized as one of the top professional speakers in the world by the National Speakers Association in 2022.

Today Frank is a highly sought-after motivational speaker for organizations who want to fire up the performance of their teams. All of Frank's "Kitchen Inspired" programs are interactive learning experiences that provide you with the proven recipes, ingredients, tools, and techniques needed to flip your mindset and cook up the amazing results you and your team hunger for!

A graduate of Lakeland Community College (A.A.) and David N. Myers University (B.S), Frank is the author of "Fresh from the Kitchen, 44 Tasty Techniques to Cook Up the Professional Dreams You Hunger For" and "52 Ways to Shine, Discovering Your Value and Leaving an Impact.

When he isn't speaking, you can find Frank volunteering as a coach for his children's sports teams or enjoying the outdoors with his family.

Frank resides in Phoenix, Arizona with his wife Kelly and their two children, Elijah and Olivia.

