

**SMILE BIG and HAVE FUN!**



# **INTRODUCTION FOR FRANK C. KITCHEN**

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**The message of today's speaker is as memorable as his last name.**

**He has dedicated his life to serving up the mindset, motivation, and strategies you need to cook up the results you are hungry for.**

**As a Certified Speaking Professional and High-Performance Leadership Expert, he works with people and organizations around the world who are tired of bland results and ready to savor the full of flavor of success.**

**With over 30 years of experience spanning business, non-profit, and government, he blends real-world stories with proven strategies—seasoned with just the right amount of humor and truth—to help you thrive.**

**He's not here to sugarcoat. He's here to challenge you to turn up the heat on your goals, flip your mindset, and serve up lasting impact.**

**Please join me in welcoming to the stage...  
Mr. Frank C. Kitchen!**

**You've Got This! Thank You for Introducing Me!**

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**HE'S NOT HERE TO SUGARCOAT. HE'S HERE TO CHALLENGE YOU TO TURN UP THE HEAT ON YOUR GOALS, FLIP YOUR MINDSET, AND SERVE UP LASTING IMPACT.**

**PLEASE JOIN ME IN WELCOMING TO THE STAGE...  
MR. FRANK C. KITCHEN!**