

## Introduction for Frank C. Kitchen

The message of today's speaker is as memorable as his last name. His FRESH recipes on Mindset and Leadership have been experienced by Professionals, Educators, Entrepreneurs, Volunteers and Students around the world.

He savours the opportunity to work with Organizations who want their People to break through mental and physical barriers to Live the Dreams they Hunger For. His flavorful stories of success and failure as a student leader, toy store manager, educator, fundraiser, and entrepreneur have empowered audiences to Live FRESH.

This proud husband and father is here to cook up an experience that will make you laugh and learn. Please put your hands together and help welcome... Mr. Frank C. Kitchen.

