



# Speech Menu

Recipe for Personal and Professional Success

Life After Cancer

So, You Want to be a Chef

How to Become an Effective Leader

Diversity, Equity and Inclusion; A Pathway to Success

You are What You Eat, Think and Do

How to Motivate Your Team

How to Become a Better Cook or Chef

How to Win, No Matter What

How Important is Your Diet

Is Dieting a Good Way to Lose Weight

De-Stress Your Diet

Manage Your Kitchen, Manage Your Life

How to Achieve Professional Success in the Culinary  
Industry

*Or Let's Put Our Heads Together & Customize Your Event!*