

Carla Hall

American Chef and Television Personality

Discovering Your Authentic Self Carla Hall’s ever-evolving career, from accountant to runway model to celebrity chef, is proof positive that it’s never about the destination, but always about the journey. Recently hailed in the Washington Post as “the most visible black person in food”, Hall is using the popularity she gained as a “Top Chef” fan favorite and co-host of the Emmy Award-winning television show “The Chew”, along with her entrepreneurial experiences, to build a brand that is grounded in authenticity. Using her guiding principle, “Say ‘yes’, adventure follows, then growth”, Hall believes that following our instincts leads us to opportunities we might never have imagined. Audiences will tap into their own authentic selves as Hall shares both the triumphs — and missteps — that kept her on the path to being true to herself.

Thriving Through Agility: Lessons from the Kitchen and the Camera Get ready to be whipped into shape – not with whisks and spatulas, but with a powerful dose of agility! Carla Hall, culinary maestro and television star, takes you on a journey where the kitchen and the stage collide. Discover how Carla uses a growth mindset to transform feedback into a continuous improvement loop. Learn her secrets for staying focused on personal bests, not the competition, and how this approach fuels her success in every aspect of life, from mastering new recipes to captivating audiences on screen. This dynamic keynote will equip you with the tools to build a thriving feedback loop, embrace challenges as opportunities for growth, and unlock the power of agility to achieve lasting success in your own life.

The “Yes and” That Changed Everything: A Growth Mindset Masterclass with Carla Hall Get ready to be served a heaping helping of inspiration with Carla Hall, the dynamic chef, author, and TV personality. In this keynote, Carla will unveil the secrets behind her success – a powerful recipe fueled by a growth mindset. Discover how curiosity and confidence can be cultivated, and how to leverage the transformative power of “and” to shift your perspective. Learn how Carla transformed challenges, like early anxieties on “The Chew,” into opportunities for growth and lifelong learning. This engaging session will equip you with the tools to embrace failure as a teacher, ignite your curiosity, and unlock the power of a growth mindset to achieve anything you set your mind to.

Menopause: Empowering Change Through Data-Driven Wellness Join Carla Hall, culinary powerhouse and inspirational icon, for a groundbreaking conversation reframing menopause as a journey of empowerment. Carla will delve into the power of data-driven wellness, equipping you with tools to personalize your approach to health and well-being throughout this pivotal transition. Learn to listen to your body’s unique signals and leverage this knowledge to optimize your performance in all aspects of life. This empowering keynote will shatter stereotypes and ignite a movement of self-discovery. Embrace change, unlock your inner wisdom, and redefine what it means to thrive during

menopause and beyond.

Own Your Shine: A Recipe for Authenticity and Confidence Get ready to be whipped up into a frenzy of self-discovery with Carla Hall, the culinary icon and champion of individuality. This empowering keynote explores the transformative power of authenticity. Carla, a woman who has always marched to the beat of her own drum – a tall, energetic, theater-loving math whiz – will inspire you to embrace what makes you unique. Through captivating storytelling, she'll reveal how self-discovery unlocks true confidence, allowing you to build on your strengths while transforming your differences into assets. Discover the secret ingredients Carla uses to create her personal recipe for authenticity: self-discovery, powerful affirmations, and the magic of seeking expert guidance. Learn how embracing your true self empowers you to shine brightly – in the kitchen, the boardroom, and every aspect of life. This inspiring session will leave you equipped with the tools to build unshakeable confidence, own your unique spark, and achieve success on your own terms.