

Jeff Henderson

Inspiring Celebrity Chef, Star of "Flip My Food with Chef Jeff" & Author of "If You Can See It, You Can Be It"

If You Can See It, You Can Be It Using his compelling personal story as a backdrop and his signature no-holds-barred style, Jeff shares his best practices for self-knowledge and goal-setting. This presentation is designed to empower you to live your best life, get in the kitchen of endless opportunities and start cookin' your recipe for success-because If You Can See It, You Can Be It.

Cooked: One Man's Journey—From The Streets To The Stove Take the journey into the streets and fast-paced kitchens of world-renowned restaurants as you hear a powerful message of commitment, redemption, and change. From overcoming hardship to identifying one's talents, Henderson shares his hard-knock yet transformative life lessons and the secrets to rising above and realizing your full potential.