

KIM KITCHINGS

REIGNITED

navigate change with purpose and confidence

KEYNOTE SPEAKER/FACILITATOR



Contact:

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🌐 www.kimkitchings.com

About Me

Experienced speaker, facilitator, strategist, marketing executive, servant leader, wife, and mom.

In today's environment of restructuring, economic uncertainty, AI disruption, and evolving workforce expectations, change is constant. Kim Kitchings equips professionals, organizations and individuals to move through change with clarity and intention. Through REIGNITED and her signature five-pillar framework, THE SETUP STRATEGY, Kim helps audiences:

- Reframe endings and disruptions as setups—not setbacks
- Interrupt negative self-talk before it drives decisions
- Borrow confidence and rebuild momentum through action
- Separate identity from role to build resilience
- Leave with a clear framework for navigating change

Ideal Audiences

- Corporate teams navigating change or transformation
- Leaders stepping into new or expanded roles
- Professionals facing career or identity transitions
- Professional and industry associations

Format

- 45-60 minute Keynote
- Optional workshops or breakout sessions available



Kim Kitchings, drawing on 25+ years of global executive leadership and speaking, prepares individuals and teams to navigate professional change with clarity, resilience, and purposeful action.

She has been featured in Forbes, Fast Company, The Wall Street Journal and Leading Voices of Female Executives.

*The real challenge isn't change itself.
It's how leaders and teams respond to it.*

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BIO & HEADSHOTS FOR KIM KITCHINGS

LONG BIO:

Kim Kitchings is a global marketing executive and speaker who has spent 25+ years leading teams and partnering with more than 500 brands and retailers worldwide. She has spoken across the U.S., Latin America, Asia, and Europe bringing strategic insight to diverse markets and cultures.

Throughout her career, Kim led global brand strategy, executive communications, and cross-functional teams through industry disruption, evolving consumer expectations, and macroeconomic change.

Kim has been featured in Forbes, Fast Company, The Wall Street Journal and Leading Voices of Female Executives.

Kim's expertise in navigating change is not only professional—it is personal. Having experienced significant career transition herself, she understands how disruption impacts not just organizations, but individual identity, confidence, and decision-making.

Kim holds an MBA from Meredith College and a BA from North Carolina State University. She lives in Cary, NC with her husband, has three children and an amazing Poodle.

Please welcome Kim!

SHORT BIO:

Kim Kitchings has spent 25+ years leading global teams and speaking across five continents, guiding organizations through disruption and transformation. After navigating her own professional pivot, she now helps individuals and teams reframe change, rebuild confidence, and restart with purpose.

Please welcome Kim Kitchings.

DOWNLOAD MEDIA KIT:



A/V REQUIREMENTS FOR KIM KITCHINGS

Thank you for booking me for your event. I'm excited to partner with you to create an engaging and impactful experience for your audience. The following guidelines will help ensure a smooth and successful presentation.

LARGE ROOMS (150+ ATTENDEES)

I typically present using Microsoft PowerPoint on my HP Omnibook. I may include audio or video and will confirm this in advance. I'm happy to run the presentation from your computer if preferred, and I will bring a backup copy on a thumb drive. A brief tech check before the event is appreciated.

EQUIPMENT PREFERENCES

- Lavalier microphone
- Handheld microphone on stage as backup
- Confidence monitor with presenter view (if available)
- Remote device for advancing slides

SMALL & MEDIUM ROOMS (UNDER 150 ATTENDEES)

For smaller rooms, I prefer to run the presentation from my own HP Omnibook. I travel with both VGA and HDMI adapters and provide my own slide-advancing remote. A quick pre-event test is ideal.

PLEASE PROVIDE

- Small AV table at the front of the room for my laptop
- Power within 8 feet of the AV table (or an extension cord)
- Projector and screen
- Lavalier or hand held microphone
- Audio connection for my laptop (standard headphone jack)

QUESTIONS OR COORDINATION

I'm here to make this event a resounding success. Please reach out anytime with questions or logistics needs.

CONTACT

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I can't wait to meet you and your audience.

