



www.beyonddecadence.com

Chef Maria
CAREGIVER ADVOCATE &
WORKPLACE WELLNESS
SPEAKER

MEDIA KIT

Hi. I'm Chef Maria!

CAREGIVER ADVOCATE & WORKPLACE WELLNESS SPEAKER

Chef Maria Kemp helps organizations improve retention, engagement, and wellbeing by delivering story-driven talks that make the hidden cost of caregiver burnout impossible to ignore. From the precision of pastry to the pressure of caregiving, her career has spanned artistry, entrepreneurship, and advocacy. She built a successful pastry business until caregiving became her second, secret job. She is not alone. 73% of employees are caregivers, most keeping it hidden. That invisible load drives absenteeism, burnout, and turnover, and companies are already paying the price. Her talks bring this reality into the open. Grounded in 8.5 years of lived experience and designed with HR, DEI, and wellness goals in mind, she gives leaders the strategies to normalize caregiving, reduce stigma, and build a culture where employees can show up fully without adding more to anyone's plate.





WHY BOOK CHEF MARIA?

✓ Real-Life Relevance

Lived caregiving experience creates instant trust and buy-in with audiences.

✓ Dual Impact

Adds value to HR, DEI, and wellness goals while speaking directly to employees' lived experiences

✓ Tangible Outcomes

Resource lists, follow-up guidance, and optional anonymous feedback to inform future programming.

✓ Custom Delivery

Talks and workshops tailored to your organization's culture, industry, and objectives.

✓ No Implementation Burden

Raises awareness and surfaces needs without requiring major benefit overhauls.

✓ Unique Expertise

Combines a corporate consulting background with an award-winning French-trained culinary career. Sometimes that means real desserts that spark interaction. Other times it means dessert-inspired metaphors that turn complex caregiving challenges into lessons audiences carry with them.

✓ Proven Results

100% of post-event surveys rate sessions "very engaging" or "extremely relevant."

✓ Flexible Formats

Keynote, workshop, fireside chat, or panel, available virtual, hybrid, or in-person.



SIGNATURE TALKS

✓ **Beyond Burnout: Real Talk, Tools & Support for Caregivers at Work**

How to reduce absenteeism, disengagement, and turnover by addressing caregiver strain head-on.



✓ **From Caregiver to Culture Shifter: Leading from Lived Experience**

Transforming personal challenges into powerful leadership lessons that reshape workplace culture.



✓ **Balancing Acts: The Emotional Toll of Working While Caring**

Recognizing and addressing the mental and emotional strain of juggling professional and caregiving roles.

✓ **Caregiver Inclusion: The Missing Piece in Your DEI Strategy**

How caregiver awareness strengthens diversity, equity, and inclusion initiatives.



✓ **Invisible Load, Visible Impact: Why Caregiver Stories Belong in the Workplace**

Using storytelling to normalize caregiving and foster a more supportive environment.

REPRESENTATIVE CLIENTS



Client Testimonials

“Excellent Presentation

EXCELLENT PRESENTATION!!! As I mentioned before, you covered ALL the target points I had on my list.

*Pamela A. Clemmons
City of Charlotte*

“Best Brown Bag Lunch Yet

Maria provided an exceptional presentation on 'A Caregiver's Journey' that was practical, well-organized, and tailored to our company's needs. Multiple employees described the session as vivid, emotionally moving, and highly engaging. Maria made a tough topic comfortable to digest, used relevant scenarios, and followed up with valuable resources. Several attendees said it was the best Brown Bag Lunch yet.

*Multiple Team Members
Messer Construction Co.*

“Remember For the Rest of My Life

Thank you for the wonderful training and treats! Thank you again for spending time with the cohort to educate us and open our eyes in such a unique and impactful way. This was an experience that I'll likely remember for the rest of my life.

*Ethan Frano
Sonoco*

“She Shares Her Authentic Self

Chef Maria's lived experience, professionalism, and advocacy is what distinguishes her as a vendor and speaker, and why we love bringing her back. She shares her authentic self, follows up with resources, and maintains meaningful connections. We've worked with her for several years in multiple capacities.

*Name Withheld
Managed Healthcare Services Industry*

Details

WHO BOOKS CHEF MARIA

- HR decision-makers under pressure to improve retention and engagement
- DEI leaders tasked with making inclusion actionable
- Wellness professionals measured on participation and impact
- Event planners seeking fresh, relevant, high-impact content

IMPACT & OUTCOMES



30+ conference and corporate engagements delivered including featured talks, workshops, trainings, panels, and moderating.



100% of post-event surveys rate content as “very engaging” or “extremely relevant.”



Audiences from 10 to 300. Scalable for virtual, hybrid, or in-person.



A business case for caregiver support backed by data and ROI.



Actionable steps to integrate caregiver inclusion into existing policies.



A vetted resource list for immediate implementation.



Language to normalize and destigmatize caregiving conversations at work.



Industries served: aviation, construction, finance, health care, higher education, government.

REACH



2,200+
followers



2,100+
followers



1,000+
followers



700+
subscribers

Media

EVENT PLANNER TOOLS

For your convenience, the following media is available via clickable link or QR code. Our logo will be provided in three formats upon confirmation of booking.

Speaker Reel Get a 2-minute overview of Chef Maria's style, stage presence, and audience engagement.	 Scan Me or Watch here
Presentation Highlights Clips from keynotes, conferences, panels, and workshops showing diverse audience interactions.	 Scan Me or Watch here
Downloadable Headshot High-resolution image for promotional materials and event marketing.	 Scan Me or Download Here

Put Caregiver Inclusion on the Agenda

From conferences to corporate trainings, Chef Maria delivers impact for HR, DEI, wellness leaders, and event planners.

BOOK CHEF MARIA - Click or Scan to Schedule:

pastrychef@beyonddecadence.com | (704) 777-6946 | www.beyonddecadence.com



Click [Here](#) to Schedule



Chef Maria