



KEYNOTE SPEAKER

Rosie O'Connor

ENTREPRENEUR | CHEF | COMMUNITY LEADER

"Success isn't about having the perfect plan. It's about showing up, staying consistent, and having the courage to take the next step."

ABOUT ROSIE

If Forrest Gump had been a Latina chef with high heels, a spatula, and an unstoppable belief in possibility, you'd get Rosie O'Connor. Known by many as the "Latina Forrest Gump," Rosie has a gift for finding herself in extraordinary rooms and turning life's challenges into remarkable adventures.

An award-winning chef, entrepreneur, and community leader, Rosie has spent more than two decades saying yes to opportunities, from owning successful restaurants to cooking for dignitaries, appearing in national media, and inspiring audiences from the stage. As Chef & Owner of Lady R Bistro, she believes success isn't about a perfect plan, but about showing up, working hard, and having the courage to keep going when the path isn't clear.

Through her talks, Rosie shares powerful lessons on resilience, leadership, entrepreneurship, and creating opportunities where others see obstacles — rooted in one simple message: feel the fear, do it anyway.

AUDIENCE TAKEAWAYS

- ✓ Greater confidence and self-belief
- ✓ Strategies for overcoming fear and uncertainty
- ✓ Leadership and business growth insights
- ✓ Tools for creating momentum and lasting success
- ✓ Renewed motivation to pursue bigger goals

As Seen On

Food Network, Chef Latinos, Cooking Channel, Univision, Telemundo, SCE, Pardee Homes, Goya

SPEAKING TOPICS

Recipe for Success

The ingredients required to build a successful business, career, and life.

Feel the Fear and Do It Anyway

How courage, consistency, and action create extraordinary results.

From Setbacks to Success

Lessons in entrepreneurship, leadership, and personal reinvention.

Women Who Lead

Empowering Women to step into confidence, purpose, and influence.

Building a Brand That Matters

Creating a business and personal brand people trust and remember.

WHY AUDIENCES LOVE ROSIE

- ✓ Authentic, relatable, storytelling
- ✓ Practical strategies to implement immediately
- ✓ Inspiring message rooted in resilience
- ✓ High-energy presentations that motivate action



Book Rosie O'Connor

Available for Keynotes, Conferences, Women's Events, Leadership Summits, Corporate Meetings, Schools & Community Organizations

Web: chefrosie.com | ladyrbistro.com

Email: chef@chefrosie.com

Phone: 951-303-4000

@chefrosieofficial @rosiebconnor @ladyrbistro

Chef Rosie