

NANCY ROBINSON

- Business Owner
- Speaker

- TV Food Personality
- Writer

Nancy Robinson is a former Industrial Psychologist who worked in government and industry for 10 years. In 1997 she left the workforce to stay home full-time to raise her two sons. During this time, she discovered a love—and talent—for cooking. In 2003, she started her business, Mrs. Robinson Cooks! LLC, a full-service business specializing in personal chef and catering services.

NANCY'S MOST REQUESTED WORKSHOPS

“Lessons Learned in the Kitchen— What Cooking Has Taught Me about Business and Life”

Government and industry professional turned Mom, Nancy used time at home with the kids to enrich a hobby, and then turn the hobby into a successful business. Recount this journey with Nancy and take home practical tools on making your passion a thriving entrepreneurial opportunity.

In this **LIVELY** presentation, she will:

- Address some of the attitudes and misconceptions people have regarding their own talents and abilities—whether in the kitchen, the Boardroom, or family room.
- Outline how overcoming these obstacles can reap rewards in unexpected ways.
- Help you get inspired to make changes and take chances in your own life!

“Healthy and Delicious Don’t Need to be Mutually Exclusive!”

Each day we are confronted with often conflicting choices and advice regarding healthy eating, quick-fix diets, meal options, and product-laden grocery stores. Join Nancy as she breaks down the myths and outlines a simple and effective approach to preparing healthy, delicious meals.

This **HANDS-ON**, practical discussion will give you a:

- Basis for sorting through the choices you face as you begin a journey toward health and wellness.
- Popular diet fads/options—the good, the bad, the ugly.
- Foods to always have on hand in pantry and fridge.

“Balancing the Expert/Owner Roles: Talented Specialist or Savvy Business Owner?”

Our passion—and talent—in our field of expertise led us to build a business in that area, but how much do we know about running a business? Learn from Nancy’s unique perspective on this particular issue of expert/owner balance.

This **PLANNING SESSION** will help you:

- Outline steps and activities that can strengthen business presence without limiting skill advantage.
- Help achieve a successful balance between the expert/owner roles.

Nancy is a member of the national business organizations: Women Chefs and Restaurateurs, National Association of Women Business Owners, and American Personal and Private Chef Association, and a Board Member of the local business group, Success in the City.

**SCHEDULE Nancy for your next corporate or association event!
CALL 703-338-5399 or E-MAIL chef@mrsrobinsoncooks.com
www.MrsRobinsonCooks.com**



Nancy In The Media



TV Food Personality:

Chef Nancy appears regularly on **WUSA 9**, the local Washington DC CBS TV station, with her own cooking segment during the news program.

Online

Columnist:

- Examiner.com as the “DC Fresh Foods Examiner”
- EzineArticles.com as an Expert Author
- “Great Fresh with Mrs. Robinson” biweekly newsletter

