



Amy Sins

Keynote Speaker, Panel Moderator, Motivational Speaker, Workshop Leader

New Orleans-born, Louisiana native, and media personality Amy Sins has played many roles over the course of her professional journey. She wants to do it all - help people, feed people, teach, cook, write, publish, inspire, and travel. Through a superhuman level of energy, a deep well of empathy, and the inability to accept the word "no," she's accomplishing all that and more.

Her determination to "pay it forward" after losing everything when the levees failed in the aftermath of Hurricane Katrina, this self-described "girl with a cell phone" developed a template for quick and effective disaster relief; her love of food and Louisiana & the land has resulted in an award-winning cookbook, a publishing company, a successful culinary event business, a radio show, and a reputation as a culinary anthropologist; her self-directed mandate to take on new challenges and learn about the world increased her focus beyond Louisiana to the rest of the world. She is now partnering with international culinary travel tours & businesses conferences.

Amy's company, Langlois, encompasses all of her professional endeavors and passions. She built Langlois on the back of her 20+ years of experience in sales, business, management, hospitality, and mental health, and that experience is still relevant today.

She's the spark of energy that inspires and creates enthusiasm within her community to encourage everyone to gather around a cause or follow their own dreams.

Let her be your spark for motivational speaking on any number of topics including leadership, setting & achieving goals, community care-taking, and managing human logistics & networks. She is also available for disaster relief consulting and customized continuing education programs.

She'll plumb the depths of her Louisiana roots and passion to achieve your purpose, whatever it may be.

*"Southerners of the Year" –
Southern Living Magazine*

*International Award Winning
Author & Publisher*

*Winner of the GSN reality show
cooking competition, "Beat the
Chefs"*

*American Culinary
Federation's "The Best Chefs of
Louisiana:"*

Gambit Weekly "40 Under 40"

*Women's Boudin Eating
Champion- Cochon de Lait
Festival*

*State of Louisiana Community
Service Award*

*Louisiana Restaurant Association
Neighbor Award-Outstanding
Community Service*



KPI Group

Speakers & Consultants



Amy Cyrex Sins

609 Metairie Road
Metairie, LA 70005
(504) 616-4089
amy@chefamy.com

Dynamic, accomplished, and results-driven businesswoman who maintains a strong customer focus and a record of success in a broad range of industries. Experience in hospitality, entrepreneurship, culinary arts and technical sales. Over 22 years of experience with sales and marketing strategies focusing on increasing sales and minimizing expenses. Innovative and imaginative problem-solver. Inventive and energetic team leader with a strong aptitude in sales, sales and marketing management, plan implementation, new product launch and development, indirect sales channel management. Excels in contract negotiation, lengthy sales processes, referral development, market research, and eating boudin.

Education

Loyola University New Orleans
BA: Public Relations/Communications
Concentration: Marketing Minor: French

Honors & Awards

Best Chef in New Orleans, Eater Reader's Choice (2017)
Best Chefs in Louisiana, American Culinary Federation (2018)
Louisiana Restaurant Neighbor Award for Outstanding Community Service
Restaurant Association Educational Foundation, National Top 20 (2017)
Women's Boudin Eating Champion, Cochon de Lait Festival (2017)
State of Louisiana Community Service Award—2016 Flood Recovery Effort
Southerners of the Year, Southern Living Magazine (2016)
Gambit Magazine 40 Under 40 (2015)
Best Chefs of Louisiana: American Culinary Federation (2014)
Travel and Leisure Best Cooking Schools Around the World
Travel Channel 10 Best Cooking Classes Around the World

Current Community Service / Volunteer

Louisiana Flood & Disaster Outreach—New Orleans Cooks / Director Loyola
University Food Studies Program / Advisor Panel
Second Harvest Foodbank / Culinary Mentorship & Training Advisory Panel
Junior Achievement Rising Stars Committee
Loyola University Alumni Board / Past President & Member (2006-2016)

Media/Public Appearances

New Orleans by Mouth / WRBH (Host)
New Orleans Wine & Food Experience/Louisiana Seafood
Board Master of Ceremonies (2017)
Louisiana Seafood Board Louisiana Seafood Cookoff Competition (2016)

Television

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| Posh Pescatarian / Z Living Network (2017) | New Orleans Living / WLAE TV |
| Chef Jeff Live (2016) | WGNO TV |
| Out in Gay Cities (2016) | WWL TV |
| Meet the People / Visit Jamaica (2016) | BRAVO TV |
| Motorhead Traveler / MAV TV | Fox |
| Beat the Chefs / Game Show Network | CNN |

Print

USA Today, Wall Street Journal, Southern Living, Travel Channel, Epicurious, Huffington Post, Frommers, Country Living Magazine, The Guardian, Toronto Sun, Gambit, Chicago Sun-Times, The Advocate, NOLA.com, Storied Dishes by Linda Berzok

Radio

National Public Radio (NPR), WRBH 88.3 FM, Catholic Foodie / 690AM

Speaker Topics

Resiliency • Leadership • Entrepreneurship • Women in Business • Sales Coaching • Adventure Travel • Louisiana History, Culture and Foodways

Career

Langlois Culinary Crossroads (2012-present)
Chef/Owner, Sales, Marketing, Management
New Orleans Jazz Quarters (2011-sold February 2018)
Managing Partner/Owner
New Orleans by Mouth / WRBH 88.3FM (2010- present)
Host
Cyrex Consulting, LLC / Ambris Books, LLC (2005-present)
Author / Publishing Coordinator
Ruby Slippers Cookbook: Life, Culture, Family and Food After Katrina (2006)
Langlois Cookbook (TBD)
Capsule endoscopy by case study (American College of Gastroenterology)
AstraZeneca Pharmaceuticals (2001-2013)
Executive Pharmaceutical Sales Specialist / Central Nervous System
Specialty Care
Awards: Circle of Excellence (2006 and 2007), Top 10 Sales U.S. / Central Nervous System, Top 3% Sales Representative U.S.
NewSouth Communications (1999-2001)
Dealer Account Manager/Senior Data Sales Executive
Verio, Inc. and acquisition from Communique, Inc. (1996-1999)
Sales Associate and Marketing Manager