



SIGNATURE KEYNOTE

Be Happy. Work Happy.

Because Happy People Make Good Things Happen

Description:

Happy people don't just feel better — they work better.

In this interactive story-driven keynote, Kim shows how energy, habits and connection work together to drive engagement, morale, and measurable results.

Happiness at work isn't about forced positivity or surface-level perks. It's about understanding how your energy affects a room, how connection strengthens culture, and how small daily habits create sustainable performance.

Backed by research and brought to life with humor and audience participation, Kim shows how Simple Little Shifts™ can transform how teams show up — without adding more to anyone's to-do list.

When people learn to manage their energy, build habits that stick and strengthen connections, happiness becomes sustainable and performance follows.

Audiences don't just leave inspired.

They leave equipped.

Audiences walk away with:

- Practical habits that increase happiness at work
- Simple ways to boost energy, connection, and morale
- A mindset shift that turns happiness into a results driver

Perfect for:

Kicking off a Conference • Associations • Corporate all-audience keynotes

HABITS KEYNOTE

Simple Little Shifts™

How Tiny Habits Create Momentum

Description:

We don't fail at change because we lack motivation.

We fail because we make it too complicated.

In this engaging and highly practical breakout session, Kim teaches her Simple Little Shifts™ (SLS) framework - a realistic, research-informed approach to designing habits that fit into real life and demanding schedules.

Participants learn how to anchor habits that protect their energy, strengthen connection, and support accountability and productivity - without adding complexity to already full days. Instead of relying on willpower or dramatic overhauls, this session focuses on small, strategic shifts that build consistency and create wonderful momentum over time.

The result? Habits that actually stick - and support both personal well-being and professional performance.

Participants will walk away with:

- A simple, repeatable framework for building habits that last
- Tools for starting small and reducing friction
- Practical strategies to protect energy and strengthen connection
- Clear next steps they can implement immediately

Ideal for:

Professional development programs • Breakout sessions • Leadership retreats • Association conferences

LEADERSHIP KEYNOTE

The Connected Leader

How Relationships Drive Real Results

Description:

Leadership isn't about position or power.

It's about how you show up for the people around you.

In this warm, engaging keynote, Kim explores the relational side of leadership — the kind that builds trust, strengthens connection, and creates teams that genuinely want to give their best.

Blending research, real-life stories, and practical insight, Kim invites leaders to examine the mindset and habits that shape culture every single day. Participants discover how personal energy influences a room, how small behaviors build (or erode) trust, and how intentional leadership creates results without creating resistance.

This session focuses on leading from the inside out — choosing courage over comfort, connection over control, and consistency over intensity.

Because when leaders lead with intention, people respond with commitment.

Leaders will walk away with:

- A deeper understanding of relational influence
- Practical ways to build trust and strengthen connection
- Insight into how their energy impacts culture
- Simple shifts that support sustainable leadership

Ideal for:

Leadership conferences • Executive teams • Managers and supervisors • Boards and Association leaders

 WELL-BEING / BALANCE KEYNOTE**Protect Your Energy****Leading and Living Without Running on Empty****Description:**

Life is full — and for many professionals, balance can feel just out of reach.

In this encouraging and practical breakout session, Kim Hodous explores how protecting your energy is the foundation for sustainable work-life balance and emotional steadiness in high-demand seasons.

Rather than offering unrealistic formulas or quick fixes, Kim shares practical strategies to help participants clarify priorities, manage stress, and maintain a steady internal pace — even when expectations are high.

Through simple shifts in mindset, energy management, and daily choices, attendees learn how to show up fully and stay grounded — at work and at home — without sacrificing what truly counts.

Audiences leave feeling refreshed, supported, and equipped with tools to protect their well-being — without guilt, overwhelm, or running on empty.

Audiences walk away with:

- Simple strategies to reduce stress and increase well-being
- Habits that support balance and sustainability
- Tools to stay energized in demanding environments

Perfect for:

Healthcare • Education • Women's conferences • High-demand professions