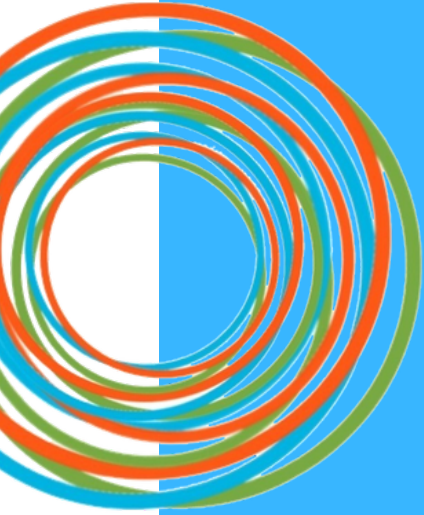




KIM HODOUS

HAPPINESS SPEAKER

is a high-energy keynote speaker who helps organizations create happier teams—and better results. Her interactive presentations blend humor, research, and real-world stories to turn inspiration into action and laughter into lasting change.

CONTACT US:

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THE SCIENCE BEHIND HAPPINESS

12%+ More Productive



Higher energy and engagement

19% More Accurate



Better focus and fewer errors

21% Higher Profitability



Happy teams outperform competitors

37% Greater Sales



More calls and sales conversions

41% Reduction in Absenteeism



People miss less work

59% Less Turnover



People stay in happy, engaged cultures

A **human-centered** approach recognizes that the true driver of performance is people. **When teams feel energized, supported, and connected, engagement rises, focus improves, and results follow.**

"Happiness isn't fluff—it's fuel. And when organizations intentionally invest in energy, habits, and connection, they unlock measurable gains in productivity, retention, and performance"

-Kim Hodows

PROVEN EXPERIENCE. REAL RESULTS



Award-winning entrepreneur. Best-selling author. Certified Speaking Professional. Mother of five. Sushi fanatic.

Kim Hodous is a keynote speaker on a mission to help organizations improve performance by focusing on what drives it most—people. With contagious energy, laugh-out-loud storytelling, and research-backed strategies, Kim shows teams how happiness fuels engagement, communication, and results.

For more than two decades, Kim has worked with organizations across the country, helping audiences build practical habits that increase energy, strengthen connection, and make happiness sustainable in real life—not just during the keynote. Her presentations are interactive, relatable, and designed to meet people where they are, turning keynotes into experiences that continue to show up long after the applause fades.



CREDENTIALS AND HIGHLIGHTS

- CSP is top 12% of NSA members
- Over 1000 presentations delivered
- Mother of 5, happy human and a sushi fanatic

ENERGY • HABITS • CONNECTION

At the heart of Kim Hodous's work is a simple, powerful belief: happier teams create better results — and happiness is something we can intentionally build.

Kim's approach is grounded in three core principles that consistently show up in high-performing individuals, teams, and organizations: Energy, Habits, and Connection.

When people understand how to manage their energy, build habits that support well-being, and strengthen connection with others, happiness becomes sustainable — not accidental. These principles help teams feel better, work better, and perform better, even in high-pressure environments.

Rather than focusing on quick fixes or motivation that fades, Kim teaches practical, research-backed strategies that fit into real workdays. Small, intentional shifts in energy, habits, and connection create momentum, improve communication, reduce stress, and lead to measurable results over time.

This framework resonates because it's realistic, repeatable, and human. It gives people tools they can actually use — tools that continue to show up long after the keynote ends.

SIGNATURE KEYNOTES

Be HAPPY. Work HAPPY.

Because happy people make good things happen.

In this high-energy, interactive keynote, Kim shows audiences how happiness is a powerful driver of performance. Grounded in research and delivered with humor and interaction, this experience helps teams boost energy, strengthen connection, and build habits that lead to better results.

Perfect for opening or closing keynotes, this session sets the tone with laughter, engagement, and practical tools people can use immediately—so happiness becomes consistent, not accidental.



KIM HAS SPOKEN FOR:





LEADERSHIP THAT GETS RESULTS (NOT RESISTANCE) .

A practical, engaging keynote that helps leaders understand how their energy, habits, and connection directly impact engagement and buy-in—so they can reduce resistance, strengthen culture, and lead in ways that produce better results.

Perfect for: leadership conferences, managers, boards, corporate retreats

CREATING A HAPPIER LIFE THROUGH BETTER HABITS

A science-backed keynote that teaches a simple framework for building habits that stick—helping people create more consistent happiness, energy, and momentum through small, intentional changes that support both work and life.

Perfect for: professional development, leadership retreats, associations, breakout sessions

LESS STRESS. MORE FUN.

An encouraging, practical keynote that helps audiences manage stress, protect their energy, and create balance in high-demand environments—so they can feel better, stay engaged, and perform well without burning out.

Perfect for: wellness events, women's conferences, professional development programs

CLIENT RESULTS & RAVE REVIEWS

"Kim delivered on every front. Feedback from the audience was extremely positive.

Many commented Kim was the best they had ever heard!"

— Mary Dandurand,
Executive Director,
Arkansas
Society of
Association
Executives

"Kim's style was down to earth and she has a great way of engaging her audience.

She left us all with the knowledge and tools to help us live a more fulfilling life."

— Dorothy Button, Sr.
Benefits
Manager,
Walmart

"Kim's energy, laughter, and encouragement were exactly what we needed to inspire us to keep pushing forward to accomplish another award-winning year."

— Donna Harris,
CEO, Healthsouth
of Jonesboro

"Kim really connected with the audience and was able to reach each one of us individually.

She speaks from the heart and shares wisdom that changes lives."

— Lacey Courtney,
American
Fidelity
Assurance
Company

Many speakers join a pre-event call and call it preparation, but Kim goes far beyond that. By the time she steps on stage, she understands our people, our challenges, and our culture so deeply that it feels like she's part of our team. That preparation shows — it elevates her entire presentation and creates an experience that truly connects with the audience. She doesn't just speak to a room... she speaks for the people in it." —Brandon Monk, Executive Director, Virginia Association of School Business Officials.

INDUSTRY EXPERIENCE : BY THE NUMBERS

Audience Takeaway:

- Practical strategies backed by science
- Renewed energy and positivity
- Stronger engagement and teamwork
- Simple tools to sustain happiness at work and in life
- Laughter, connection, and real results

Kim specializes in audiences who:

- Need a shot in the arm, a kick in the pants and want to laugh while they learn.
- Are more interested in interacting with, rather than listening to a speaker.

Associations	350+
Education	117
Healthcare	93
Banking	16
Electric Cooperatives	15
Women's Groups	123
Government	32
Administrative Professionals	36
Chambers of Commerce	24
School Nutrition Groups	36

EVENT PLANNER NOTES

Kim's top priority is making your job easier and your event unforgettable. She is collaborative, flexible, and prepared—focused on creating an experience that energizes your audience, strengthens connection, and delivers real results.

Tech setup: Wireless lavalier or Countryman headset preferred

Handouts: Available digitally upon request

Book Signings: Available post-event

Travel: Kim books her own flights and hotels for best value

"I'm not a Diva. I'm a partner. My goal is to make your life easier, your people happier and your event memorable!"

- Kim

Booking Information



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