We've made it easy! The following descriptions are written with your attendees in mind and are ready to use in your conference program, event website, promotional materials, or wherever you're sharing information about Kim's keynote.

✨ SIGNATURE KEYNOTE

Be Happy. Work Happy.

Because Happy People Make Good Things Happen.

The happiest workplaces aren't built by chance. They're built by people who choose the energy they bring every day.

In this high-energy, interactive keynote, Kim reveals why happiness isn't simply a reward for success - it's a powerful driver of performance. Through unforgettable stories, humor, audience participation, and practical strategies, Kim shows how Energy, Connection, and Habits create happier people, stronger teams, and better results. Audiences leave energized and equipped with tools they can use immediately to strengthen culture, boost engagement, and create workplaces where people genuinely want to do their best.

🎨LEADERSHIP KEYNOTE

Be Happy. Lead Happy.

Because Happy Leaders Get Results, Not Resistance.

Your team feels your leadership long before they follow your direction. So what kind of experience are you creating for the people you lead? In this high-energy, interactive session, Kim Hodous will show you how the energy you bring, the connections you create, and the habits you practice shape trust, engagement, and performance. Through laughter, powerful stories, and practical strategies, you'll discover how to strengthen relationships, increase buy-in, and create an environment where people don't just do what's expected - they genuinely want to bring their best.

⚖️ WELL-BEING / BALANCE KEYNOTE

Live Happy. Protect Your Energy.

Leading and Living Without Running on Empty

Are you getting everything done but finding there's not much of you left at the end of the day? When busy becomes normal, it's easy to give your best energy to everyone and everything else - and live on what's left. In this uplifting, interactive session, Kim Hodous will help you discover where your energy is going, what restores it, and how to protect more of it for what matters most. Expect laughter, honest reflection, and practical strategies that will help you reduce overwhelm, build resilience, and have enough of yourself left to actually enjoy the life you're working so hard to create.

🧠 HABITS KEYNOTE

Better Habits. Happier Life.

Small Changes That Create Lasting Results

How many times have you promised yourself, "This time I'm really going to stick with it"? You know what you want to change, but somehow motivation disappears, life gets busy, and old habits sneak right back in. In this fun, interactive session, Kim Hodous takes the pressure out of positive change and shows you why lasting results don't require more willpower or a complete life overhaul. You'll discover practical, research-backed strategies to start before you're ready, celebrate progress instead of perfection, and keep the promises you make to yourself - because small changes really can create a happier life.