kimhodous
THE HAPPINESS SPEAKER™

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.

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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 Hodous

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.

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.

Be Happy. Lead Happy
Because Happy Directors Get Results, Not Resistance.

Your team feels your leadership long before they follow your direction. Today's leaders are navigating constant change, increasing pressure, and teams that expect more from the people who lead them. In this high-energy, interactive keynote, Kim reveals how a leader's Energy, Connection, and Habits shape trust, engagement, communication, and performance. Through powerful stories, humor, audience participation, and practical strategies, leaders discover how to strengthen relationships, increase buy-in, and create environments where people want to bring their best. Because great leadership isn't simply about getting people to follow - it's about creating a culture where people choose to contribute.

Live Happy. Protect Your Energy.
Leading and Living Without Running on Empty

You can't give your best to what matters most when there's nothing left of you to give.
In a world that rewards busy, exhaustion can start to feel normal. In this encouraging, interactive keynote, Kim shows audiences how to protect their energy by becoming more intentional about where it goes, what restores it, and what deserves it most. Through relatable stories, humor, audience participation, and practical strategies, participants discover how to reduce overwhelm, strengthen resilience, and create more capacity for the people and experiences that matter. Because the goal isn't simply getting through another demanding day - it's having enough of yourself left to actually enjoy your life.

Better Habits. Happier Life.
Little Changes That Create Lasting Results

The life you want isn't built in one big moment. It's built by what you do every day. We all have things we'd like to change, but knowing what to do and actually doing it are two very different things. In this practical, interactive keynote, Kim shows audiences how small, intentional habits create powerful momentum without relying on willpower, motivation, or a complete life overhaul. Through relatable stories, humor, audience participation, and practical strategies, participants learn to start before they're ready, celebrate progress instead of perfection, and keep the promises they make to themselves. Because better habits don't just change what you do - they change the life you create.

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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