



Yvette Gorman Holmes

SPEAKER, SUCCESS COACH, WELLNESS TRAINER

Got a tough crowd to please?
You'll definitely want a speaker who does more than talk. Yvette Gorman-Holmes is an **authentic, energetic, speaker** and **coach** who engages her audience in an **interactive** and **down-to-earth** style.

Increase the odds that your next event is a success by partnering with Yvette as your lead speaker and trainer.

HER MESSAGE:

Yvette Gorman-Holmes captures the hearts of her audience by demystifying the issues they've faced for centuries. Her top-ranked topics are centered on:


- confidence & self-acceptance
- mindfulness & stress-less living
- leadership & success principles
- guilt-free parenting
- drugs & difficult decisions
- hacking self-sabotage



HER METHODOLOGY:

By integrating positive psychology, coaching, mindfulness, meditation, music and movement, Yvette challenges participants to practice new perspectives to shift from negative self-talk, fear and patterns of sabotage to higher levels of empowering thought and action.

Yvette is a Leadership and Success Coach, Certified Canfield Trainer and Certified Personal Fitness Trainer who shares her transformational process of self-love and acceptance through life coaching, workshops and keynote presentations. She's partners with various organizations such as: Long Island Crisis Center, SUNY Old Westbury, The Mighty Lass, Urban League, Youth to Youth International, and more.

**Contact Yvette to Schedule Your Next
Keynote, Workshop, Retreat or Community Event!**
YouMatter@YvetteGormanHolmes.com  **917-273-7586**



WHAT PEOPLE ARE SAYING ABOUT YVETTE:

“Your message was just what I needed! I’m so glad I came!”

Adult Participant – Jack & Jill Teen Summit 2018

“Our girls walked away with a new sense of purpose and power!!”

A. Shervington – Guidance Counselor Brentwood Freshman Center

“You make me feel like I can do anything...!”

Participant - Hispanic Counseling Center

"This was the best workshop I've ever attended!"

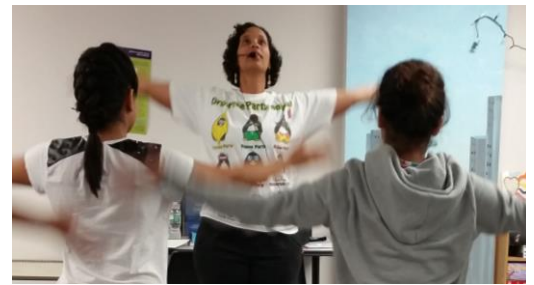
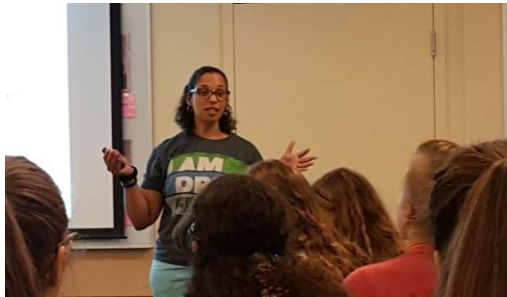
Girl Scouts of Nassau County

"Amazing Speaker"

Plainview Old Bethpage M.S.

“Engaging & Motivating!”

Oceanside H.S.



HOT TOPICS FROM YVETTE

(*topics are tailored to your age group)

Perfectly Imperfect!

Learn essential tools to progress through perfectionism, limited beliefs and self-sabotage.

Success Express – Do You Have the IT Factor?

Looking to make quantum leaps toward your goals? Discover the top 3 success principles to master and reinvent yourself.

Are We There Yet? Avoid the Crash – Get Mindful

Is your brain on automatic overdrive? Do you lose focus, forget often and feel like your mind is racing through a checklist? Learn simple practices to quiet the mind, be more present, less anxious and able to find more fun in life.

* Let's partner and develop a workshop for your group today!