



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 confronting concerns that women have faced for centuries. Her top-ranked topics are centered on:


- confidence & self-acceptance
- mindfulness & stress-less living
- leadership & success principles
- cyberbullying and awareness
- growth mindset
- selfcare and forgiveness



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!"

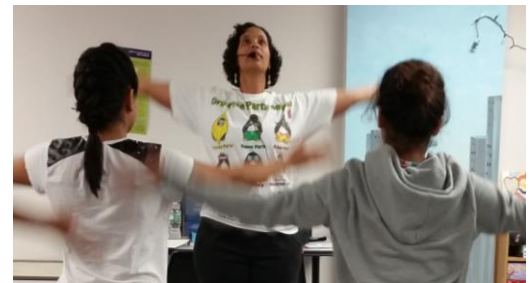
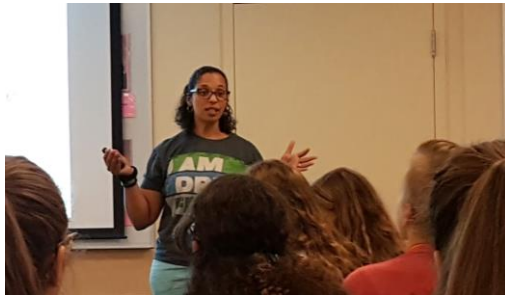
Girl Scouts of Nassau County

"Amazing Speaker"

Plainview Old Bethpage M.S.

“Engaging & Motivating!”

Oceanside H.S.



HOT TOPICS FROM YVETTE

(*topics are tailored to your age group)

Success Is an Inside Job

Learn the essential factors to thrive regardless of your current age and circumstances.

Mindfulness and Stress Less Living

Take a look at what’s missing from your selfcare practice with simple techniques for stress release and self-compassion.

Talent vs Mindset – The Power of Growth Mindset Thinking

Recognize which mode is running your world and the critical tools to progress through perfectionism, limited beliefs and self-sabotage.

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