



Holly Stokes, M.NLP., CH.t, TPM
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“Ms. Stokes has a dynamic and engaging style as a presenter and offers high value with real-world strategies that you can start using right away. When your needs call for a memorable keynote speaker, Holly Stokes is the one to call.”

“Great speaker – energetic, motivational and fun!” --Ronnie Noize, the Marketing Coach Portland, OR

“Energetic! I loved the content and the stories, I was engaged the whole time which is usually difficult.”
-- Lynette P, Salt Lake City, UT

Keynotes Lifestyle:



Change Habits and Cravings with Your Brain! Have you struggled to quit smoking, lose weight, or change a habit? You may have found the devil on one shoulder and an angel on the other, and you end up caught in the middle fighting with yourself! This engaging workshop shines the light on cravings, habits and self sabotage and what you can do about them.

Train your Brain to Stress Less. This workshop offers practical strategies and techniques for achieving instant calm. With brain training relaxation tools, new habits can be set up quickly for de-stressing, increasing alertness and ability to take action. *Train your Brain to Stress Less* CDs are available for group purchase rates.

Simple Work Life Balance for Busy Professionals. Our lives are continuing to get more complicated. Busy professionals often sacrifice self care in order to work more hours, achieve goals and grow a business. However, this is a recipe for disaster. Learn quick and easy tools to boost your work life balance and simple life hacks that will save you time for the more important things.

Keynotes Career & Business:



Instant Motivation with Your Brain! With these 5 strategies for motivation, you'll discover the secrets to tapping into your energy reserves, staying focused on your goals while increasing your well-being. Discover your sources of energy and focus – turn your dreams into vision and your vision into action!

Stellar Confidence with Your Brain! Master your brain to conquer fears, create new habits and expand your comfort zone. Take charge of your mood and your focus and even choose what you think and how you feel. Simple tools will help you be on top of your game in any situation!

Productivity Hacks for Small Business with Your Brain! Time is money, how are you spending yours? With this unique approach to managing your time, energy, and your brain, you'll get more done and boost your bottom line. Discover how to prioritize and tap into creativity, focus and more quickly and effectively.

Seminars & Workshops

Ms. Stokes offers full day and half day workshops tailored to meet the needs of your organization or work group. Topics include: A Lighter You! Healthy Lifestyle, Stress Management, Get Over Fear of Sales and Speaking, Productivity, Achievement and Motivation.

What People are Saying about Holly

“So motivating! It really made me think.” - Geri Cordova, artist

“There’s a difference between being talked at and being interactively engaged and Holly Stokes understands that difference. Get ready for effective positive change, because that’s what’s going to happen when Holly moves you!” – Alex McMillan, Speaker, Author

“I loved Holly’s enthusiasm when speaking – it was really engaging.” – L. Myers, Business Coach

"Holly Stokes has a wonderfully disarming way of encouraging her audiences to participate with her presentations. She can tell you a story of herself or a client who has been able to discover the underlying reason for a behavior ... like a light in a dark house ... and suddenly I see something in my life that relates. I see a similar expression on other's faces. I sit in her class and realize, ‘Wow... this can really be changed!’ The information Holly gives is refreshing, invigorating and on point. I often leave inspired to dig deeper, do more and be the best me I can be. Thanks, Holly!" –Kate Singh, Aevum Images

“Holly Stokes is a gifted storyteller. She engages her audience skillfully and leaves them nodding their heads, with light in their eyes, as they understand the points and benefit from the real-world information.” – Rinatta Paries

“I liked the questions Holly asked through the presentation, they provoked me to think about my own insights!” - Karen Lowe, Simpatico

Partial List of Clients

- Clark County Bar Association, Vancouver, WA
- Greater Vancouver Chamber of Commerce
- Murray Chamber, Murray UT
- Rotary Club, Portland, OR
- NW Coaches Association, Portland, OR
- Women Entrepreneur Organization, Vancouver
- Women In Networking, Vancouver, WA
- B2B Leads Group Trainer, Vancouver, WA
- New Seasons Market, Vancouver, WA
- Whole Foods, Vancouver, WA
- Whole Foods, Portland, OR
- Anytime Fitness, Sandy, UT
- Beyond 50 Radio Show, Portland, OR
- NW Aflac Agents, Portland, OR
- Integrative Chiropractic Wellness
- The Home Office Podcast, Portland
- New Renaissance Bookstore