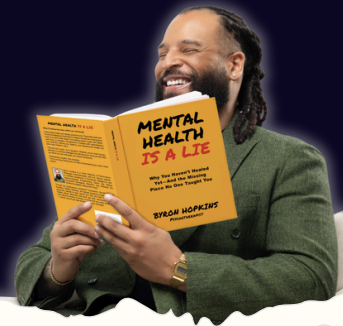


BYRON HOPKINS



Speaker One Sheet

From a Decorated U.S. Marine to a Globally Recognized Emotional Intelligence Coach, best-selling Author, Psychotherapist, & Chief Wellness & Performance Strategist.

Signature Topics:

- **The Backpack of Burdens – Releasing Soul Weights & unlocking resilience**
- **W.H.O.L.E. Leadership – Leading with wellness, EQ, and authenticity**
- **Healing Out Loud – Breaking cycles of silence and stigma around mental health**



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