



BYRON *inspires* GROWTH

“I don’t just help you heal—I help you rise.”

SPEAKER KIT

Meet **BYRON HOPKINS**

From Marine → Psychotherapist → global speaker

Byron Hopkins is a globally recognized Chief Wellness & Performance Strategist, Emotional Intelligence Coach, and Best-selling author: certified NLP Practitioner and Psychotherapist.

A retired U.S. Marine with two tours in Afghanistan, Byron blends grit, resilience, and real-world leadership with practical psychology and neuroscience-backed tools.

His work delivers transformation that's not just inspiring—it's actionable, measurable, and lasting.



Author + Coach + Healer + Guide

As the creator of SoulScience™: Alchemy, Byron empowers audiences to Recognize, Reframe, and Release the mental and emotional weights that hold them back—so they can rise into their Highest, Most Healed Selves™.

Public Speaking

“The highest human act is to inspire”



Featured Speech

THE BACKPACK OF BURDENS:

What We're All Carrying—and How to Let Go

Byron enters carrying a physical backpack filled with “Soul Weights” (rocks labeled with shame, anger, imposter, etc.). Through story and science, he teaches audiences how to unpack emotional burdens and rise stronger.

Brands Served



Public Speaking

“The highest human act is to inspire”



Featured Speech

THE 7 LAWS OF MENTAL MASTERY

This keynote goes far beyond motivation—it's a blueprint for rewiring the mind. Byron fuses neuroscience, psychotherapy, and emotional intelligence to teach audiences how to take control of their inner dialogue and mental patterns.

Attendees learn how to master stress under pressure, sharpen focus in high-stakes environments, and build unshakable resilience that lasts long after the event. With a mix of real-life stories, practical strategies, and Byron's R³ Method (Recognize, Reframe, Release), participants leave with a clear roadmap for upgrading their thinking and reclaiming their mental power.

Public Speaking

“The highest human act is to inspire”



Featured Speech

HEALING OUT LOUD: *Reframing Trauma into Triumph*

This is one of Byron’s most vulnerable and transformative talks. Through powerful storytelling and raw honesty, he breaks the silence around trauma and mental health while normalizing conversations that too often stay hidden.

Audiences are guided to see pain not as a permanent wound, but as an invitation to growth. Byron shares neuroscience-backed tools and SoulScience practices to process emotions, reframe limiting narratives, and transform adversity into strength. Every participant walks away feeling less alone, more empowered, and equipped with strategies to turn their struggles into fuel for their future.

Workshop Facilitation

"Healing isn't a luxury—it's the foundation of growth."



Byron Hopkins delivers transformational workshops that merge emotional intelligence, neuroscience, and lived experience. Each session is designed to spark breakthroughs, equip participants with tools they can use immediately, and create spaces where growth feels safe, practical, and lasting.

Featured Workshop

THE BACKPACK OF BURDENS:

What We're All Carrying—and How to Let Go

An unforgettable keynote-turned-workshop. Attendees explore their own “Soul Weights”—hidden emotional burdens—and practice tools to lighten the load, shift perspective, and rise higher.

Step 1: Identify your “Soul Weights” (shame, anger, anxiety, imposter).

Step 2: Explore how these weights impact your choices and performance.

Step 3: Practice reframing tools to lighten the emotional load.

Step 4: Commit to releasing burdens and rising higher. Includes an interactive reflection worksheet.

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SOUL SCIENCE: ALCHEMY™

The R³ Method for Lasting Transformation

- **Journey 1:** Recognize limiting beliefs, hidden triggers, and emotional blocks.
- **Journey 2:** Reframe stories, patterns, and perspectives with neuroscience-backed tools.
- **Journey 3:** Release emotional weights and replace them with empowered practices.

Includes optional workbook + exercises for continued growth.

WHOLE LEADERSHIP

Wellness. Healing. Ownership. Legacy. Emotional Intelligence.

- **Pillar 1:** Lead with wellness—model balance, not burnout.
- **Pillar 2:** Harness EQ to foster trust, connection, and high performance.
- **Pillar 3:** Build a culture of authenticity, resilience, and shared growth.
- **Pillar 4:** Leave a legacy of impact through intentional leadership.

Designed for leaders, educators, and corporate teams.

RESET & RISE

Burnout Recovery for Entrepreneurs & Professionals

- **Module 1:** Identify signs of burnout before they escalate into breakdowns.
- **Module 2:** Reset nervous system patterns with practical EQ tools.
- **Module 3:** Rebuild rhythms that balance productivity with peace.
- **Module 4:** Create a Personalized "Rise Plan" for Sustainable Success.

Includes an accountability worksheet + toolkit.

HEALING OUT LOUD

Breaking Cycles of Silence & Stigma

- **Session 1:** Name the unspoken stories holding you back.
- **Session 2:** Learn EQ-based practices for expressing and processing emotions.
- **Session 3:** Build resilience through group dialogue + reflection.
- **Session 4:** Leave with a toolkit for ongoing courage and connection.

An optional Healing Out Loud journal is available for participants.

BYRON *inspires* GROWTH

RECOGNIZE • REFRAME • RELEASE



FOR BOOKING:



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Watch Byron's Speaker Reel



[Byroninspiresgrowth](https://www.instagram.com/byroninspiresgrowth)



Byron Hopkins

W.H.O.U.L.E.
We Hold Our Lives Sacred

MENTAL HEALTH IS A LIE

*Why You Haven't Healed Yet –
And the Missing Piece No One Taught You*

By Byron Hopkins — Psychotherapist, Author, Global Speaker, and Marine Corps Veteran

What if everything you've been taught about "mental health" is only half the truth?

In "Mental Health Is a Lie," best-selling author, psychotherapist, and U.S. Marine veteran Byron Hopkins challenges the outdated approach to healing and introduces a revolutionary new framework that combines neuroscience, emotional intelligence, and spiritual alignment.

Through real stories, lived experience, and science-based tools, Byron reveals that people aren't broken—they're burdened. Each of us is carrying an emotional backpack filled with inherited trauma, nervous system overload, and unprocessed pain that blocks our potential.

This book introduces The R³ Method™ — Recognize, Reframe, Release — a practical, heart-led process that helps readers:

- Recognize the hidden Soul Weights keeping them stuck
- Reframe pain into purpose and power
- Release what was never theirs to carry

Mental Health Is a Lie isn't about rejecting therapy or medication—it's about completing the picture. It teaches readers how to heal where it truly happens: in the body, the nervous system, and the soul.

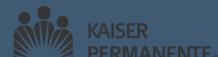
Drawing from his journey—from South L.A. to the battlefields of Afghanistan to global stages around the world—Byron offers a roadmap to resilience, emotional mastery, and wholeness.

"You are not broken. You are becoming. You are W.H.O.L.E."

Byron's mission is simple yet transformative: to rewire humanity through healing—and help the world make healing a habit.



BRAINZ.



FEATURED ON



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Byron Hopkins