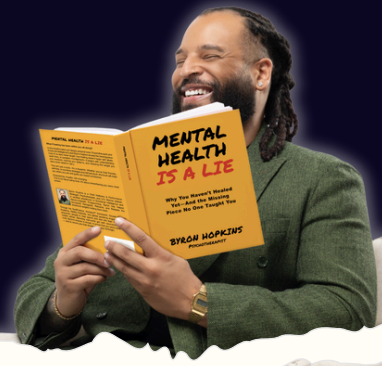


# BYRON HOPKINS



## Speaker Bio

Mental toughness alone isn't enough anymore. People today are carrying emotional burdens, identity pressure, and unprocessed trauma—while the world expects perfection. That's where Byron comes in. As the creator of SoulScience™: Alchemy, a neuroscience-backed, heart-led framework built on his signature R<sup>3</sup> Method—Recognize, Reframe, Release —Byron helps individuals and organizations break cycles, rewire mindsets, and rise into their Highest, most healed selves. A decorated U.S. Marine, certified psychotherapist, EQ & NLP practitioner. His groundbreaking book, *Mental Health Is a Lie: Why You Haven't Healed Yet—And the Missing Piece No One Taught You*, is rapidly reshaping how people view healing, trauma, and emotional wellness. As a global speaker, Byron has transformed the lives of professionals, students, and top performers. He is the go-to Emotional Intelligence Coach for schools, organizations, creatives, and athletes navigating pressure, transition, and high-stakes performance.

### What People Gain from The SoulScience™ Experience

- ✓ A guided journey through Byron's Recognize. Reframe. Release. Method.
- ✓ Tools to navigate burnout, anxiety, and identity loss with confidence.
- ✓ Live breakthroughs powered by trauma-informed storytelling + interactive practices.
- ✓ Heart-brain coherence techniques for inner peace and focus.
- ✓ Soul-aligned habits that rewire the nervous system for lasting change.
- ✓ A safe space to process real emotions through EQ-based facilitation.

### Credentials & Approach

- Creator of SoulScience™ Method, Certified NLP & EQ Practitioner, Certified Psychotherapist.
- Decorated U.S. Marine | Founder, Growth Seekers Academy | Executive Contributor, Brainz Magazine.
- Featured Speaker, Award-Winning Strategist, Emotional Intelligence Expert.
- Specializing in emotional regulation, nervous system rewiring, trauma release, identity integration, and legacy activation.

Byron doesn't just help people perform—he helps them heal, grow, and rise into their most authentic, grounded, and powerful selves. His mission is simple: to rewire humanity through healing—and help the world make healing a habit.



### FEATURED ON



BRAINZ.

