

Kelly Holland

Speaker, Author, and Physical Therapist

Kelly Holland serves as a positive role model for what is possible in life. Her book, *Primary Gift: Awaken to the Excellence of Your Life's Journey* (Balboa Press, 2014) calls forth a responsibility in each of us to create our best life from within by using our most powerful tool, the ability to think positively.



As a speaker, Kelly inspires wellness, leadership, and self-realization. Ultimately, she is a teacher of excellence, inspiration and spirit integrity. Her desire is to inspire others to know that no matter where you start in life, no matter what your circumstances may be, a life that you can dream, you can live fully. The key is to allow appreciation to fill your heart for all that you have lived, so love and joy and your inner genius can, powerfully, guide your life.

"The quality of your life is not determined by what you have been given, but rather by what you do with what you have been given. It's not where you start. It's where you are headed that matters most".

— Kelly F. Holland

Kelly's personal story serves as the foundation for her message. During childhood she experienced tremendous family turmoil and violence, and by age 11, she began using drugs. When Kelly was 14, her mother, who suffered from schizophrenia, vanished one day when Kelly was at school. Kelly became a ward of the court and lived successfully in a state group home until she turned 18. At college, however, her struggles were significant, academically and personally. Experience revealed that she suffered from ADHD. It wasn't until years later, with much professional guidance, counseling, and academic accommodations, that Kelly was able to return to school and complete her education in physical therapy.

For more information, please contact

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In 2004, Kelly's career took her to Arizona, where she flourished. She began appearing on a local radio show, discussing topics related to health care and wellness. And, eventually, it led to her co-hosting her own radio program, *Healthy Living From the Inside Out*. Today, she continues to make radio appearances across the country and looks forward to speaking to audiences locally and nationally. Kelly works as a licensed physical therapist in Chandler, Arizona, specializing in mechanical physical therapy and is currently working to complete her doctorate in physical therapy.

Ultimately, Kelly knows that the best of her is yet to come! Today she lives inspired and believes that "to be on fire for your life is life's greatest gift of all". Because in passion lives genius and is a powerful intelligence that can guide us to our greatest life!

Speaking Topics

- ✓ Awaken to the Excellence of Your Life's Journey
- ✓ The Power of the Dream
- ✓ The Genius in Schizophrenia
- ✓ Excellence in Motion: Setting the Standard for World class Healthcare
- ✓ Healthy Living from the Inside Out: Aligning Body, Mind and Spirit
- ✓ Primary Gift: Loving Self, Living Joy
- ✓ Discover the Leader That Lives Within You! Inspiring Excellence in Young Adults

Kelly's experienced-based messages on topics listed will be welcomed by:

- Spirituality groups and organizations
- Hay House Foundation
- Civic groups
- Healthcare organizations
- Holistic wellness centers and chapters ... Integrating mind, body and spirit
- Youth groups, sports, ministries and schools
- Adolescent and Adult Substance abuse programs and recovery
- Youth and Adult ADHD coalition and sponsorship
- Mental health support and recovery /chapters for schizophrenia

www.KellyFHolland.com

Primary Gift is available for purchase on Amazon, Barnes & Noble and iTunesBooks



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