

Acey Holmes, MS, CCC-SLP
CEO/Founder, BoredLess



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Professional Summary

Acey Holmes is a dynamic and enthusiastic speaker known for bringing energy, excitement, and a wealth of knowledge to her audiences. Specializing in the neuroscience of play, creativity, and peak performance, she delivers research-based topics that are not only engaging but also provide practical, easy-to-implement tips for personal and professional growth. Her expertise has been cultivated from education and experience in communication sciences and disorders, brain development, and more. Her talks are described as innovative, refreshing, and wholly interactive, catering to a wide range of audiences, including introverts and those who are neurodivergent. Currently, she serves corporate and non-profit organizations through culture audits, facilitation, consulting, and workshops to help keep teams happy and attract top quality talent.

Speaking Experience ([speaking samples](#))

- *Play Your Way to Resilience: A Novel Approach to Self-Awareness for the HR Professional*
Mile High SHRM Annual Conference, February 2, 2024
- *Play: The Cure for Burnout* ([link available soon](#))
TEDxManitou Springs, December 2, 2023
- *Play Your Way to Flow*
Thrive Together Women's Leadership Summit, Steamboat Springs, November 2, 2023
- *The Secret to Overcoming the Imposter Syndrome*
Good Business Colorado Level Up Academy, October 5, 2023
- *Creating Meaningful and Engaging Work Environments* ([view here](#))
Denver StartUp Week, September 19, 2023
- *Play Isn't Just Fun And Games* ([view here](#))
DisruptHR Denver, September 12, 2023
- *Power of Play*
Better Together Fest, June 24, 2023
- *Curiosity Saved the Culture* ([view here](#))
DisruptHR Colorado Springs, April 26, 2023

- 10+ additional short webinars for various non-profit organizations like the Organizational Development Network, Association of Talent Development, Women in Sustainability, SHELeads, Tarra, and more

Audience Feedback

Attendees consistently provide glowing feedback, describing Acey's presentations as "dynamic," "refreshing," and "engaging." They leave her sessions with renewed energy, motivation, and actionable knowledge that is immediately applicable in their personal and professional lives. One two hour workshop was described as "The antithesis of lecture workshops. Interactive, informative, digestible content."

[Sample of Workshop Feedback](#)

Reference from Cecelia Morter, Women's Leadership Summit organizer

"I do a follow up survey for attendees; I'll be sure to share some of their feedback as I know your name will come up in so many answers on what people loved about the event. I've already had so many people come up and tell me how amazing you were. This event is so important to me, and having speakers of your caliber agree to join us just truly touches my heart"