

Tyrone A. Holmes, Ed.D

A Professional Speaker and Executive
Coach Building Powerful CONNECTIONS®
with Artificial Intelligence



Where Are You at in Your AI Journey?

Technology-related stress, also known as technostress, refers to the negative feelings associated with the use of new technology. These feelings include anxiety, fear, depression, confusion and increased pressure in the workplace, which can sometimes lead to burnout. Of course, AI is the latest stress-inducing technology, and the purpose of this session is to introduce a 3-Question Model that participants can use to reduce their AI-related stress and to identify specific steps they can take to successfully integrate AI into their personal and professional lives.



Because of this presentation, you will be able to:

- Describe the 5 Levels of AI Maturity, identify your current stage of development and identify specific steps you can take to move along the developmental continuum.
- Describe what AI does well and not so well right now.
- Use 3 key questions to develop a strategy for adopting AI and integrating it into your current workflow.

Book Dr. Holmes for your next meeting or event

Contact info

doctorholmes@sbcglobal.net | 480-822-0969 | www.DrTyroneHolmes.ai

Testimonials

A very unique ability is to captivate an audience and make them process your spoken words long after you have left the room. This, I am sure, occurs on many occasions when Dr. Tyrone A. Holmes speaks. It certainly happened when he spoke at the Association for Multicultural Counseling and Development's Samuel H. Johnson Luncheon. He understood our mission and delivered a powerful and memorable keynote address that provided our guests with the "professional opportunity of a lifetime".

S. Kent Butler, Ph.D, PLPC, NCC, NCSC, Associate Professor, University of Missouri at St. Louis

Dr. Tyrone Holmes, EdD, is a master facilitator who thoughtfully and dynamically shares the depth of his expertise, his passion and knowledge with his audiences. He seamlessly connects the participants to the content of his workshop and encourages open and ongoing dialogue. Dr. Holmes recently facilitated a session with ICF Colorado, a chapter of the International Coaching Federation, Putting the ROI Back into DEI, supporting coaches to navigate conversations with their clients (and client organizations) more effectively in today's environment. The reminder (and visual image) on the differences of Equity and Equality brought all of the learning together in such an impactful way. Thank you, Dr. Holmes, for an engaging learning experience! In addition to a great event, Dr. Holmes is a pleasure to work with in planning and preparing for the learning event.

Kim Coleman, President, International Coach Federation - Colorado Chapter, Denver, CO



Dr. Tyrone A. Holmes is a professional speaker and executive coach who helps individuals and organizations move from AI uncertainty to AI confidence. He received his bachelor's degree in Rehabilitation Education and master's degree in Counselor Education from Penn State University. Dr. Holmes received a second master's degree in Business Management from SUNY Oswego, before earning a perfect 4.0 GPA in his Counselor Education doctoral program at Penn State. As the owner of T.A.H. Performance Consultants, he has facilitated more than 1,750 keynotes, training seminars and virtual workshops that have taught participants to connect with others despite their differences and to effectively articulate their messages. As we navigate our "AI Revolution", Dr. Holmes uses his Building Powerful CONNECTIONS® with AI process to help people and organizations harness artificial intelligence without losing the human connection that allows us to be more efficient, effective and productive. He has served as a full-time faculty member at Eastern Michigan University in the Department of Leadership and Counseling, and at Wayne State University in the Department of Theoretical and Behavioral Foundations. He is also a Past President of the Arizona Chapter of the National Speakers Association. Dr. Holmes is an eSpeakers Certified Virtual Master Presenter.

Book Dr. Holmes for your next meeting or event

Contact info

doctorholmes@sbcglobal.net | 480-822-0969 | www.DrTyroneHolmes.ai