



17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.holmesfitness.com

Dr. Tyrone A. Holmes, Ed.D, CPT

Dr. Tyrone A. Holmes is an author, speaker and coach. He is certified as a personal trainer through the American Council on Exercise and as a Level 2 cycling coach through USA Cycling. He is also a competitive cyclist who rides thousands of miles every year, and competes in dozens of races and events from 10 to 100 miles in length. Through his seminars, webinars and coaching activities, Dr. Holmes helps his clients build successful speaking, coaching and consulting businesses, and improve athletic performance. His most popular programs include *How to Build a Six-Figure Business*, *Building Your Brand*, *The ABC's of Pricing*, *Using Social Media to Market Your Business*, and *Blog Your Way to Business*. He also facilitates programs for athletes such as *Increasing Power on the Bike* and *Performance Gearing and Shifting*. Dr. Holmes provides Cycle-Max Coaching for cyclists and multisport athletes who want to improve their performance on the bike, and Lifestyle Coaching for individuals who want to lose weight and develop healthier lifestyles. He also provides Business Coaching for speakers, coaches, consultants and other entrepreneurs. Dr. Holmes has published two books: *Training and Coaching the Competitive Cyclist* (2010) and *Developing Training Plans for Cyclists and Triathletes* (2011). He is currently working on two additional books: *Increasing Power on the Bike* and *WRITE Your Way to More Business and Income*. Dr. Holmes is also a Diamond Level author at EzineArticles.com.



Dr. Tyrone A. Holmes, Ed.D, CPT
Speaker - Author - Consultant
Certified Personal Trainer
USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net



Testimonials

Dr. Holmes presented a program to our members which was relevant, informative and very impactful. He simplified and demystified the writing process, helping us realize how we can move forward on some very basic things to create even bigger things. I would highly recommend Dr. Holmes, without reservation, to anyone who wants to learn how they can easily move forward in their writing and publishing as a path to business, personal and professional growth!

Kelly Nieto, Vice President for Programs, International Coach Federation - Tucson

Sitting down with Tyrone for his Publishing Pyramid session was enlightening. I have a lot going on with writing, however, no strategy. He gave me an excellent idea that was implemented today! I would never have thought about it. If you are seriously looking to become published, Tyrone has an excellent process that will meet you where you are and assist you in moving forward strategically.

Connie Kadansky, Owner - Exceptional Sales Performance, Phoenix, AZ

I recently had the very good fortune to be coached by Tyrone on how to use a blog as part of my business development strategy. Tyrone was incredibly well-informed, and added to my thinking and understanding in at least a dozen ways. He has a warm and encouraging style, and I was left with much more clarity and confidence about taking the necessary steps. I recommend Tyrone without qualification for anyone pursuing a similar course of action.

Nick Head, Owner - Specialized Coaching Services, Scottsdale, AZ

Tyrone's generosity of his tools, tips and knowledge blew away our group of professional coaches. His Publishing Pyramid program inspired us to do all sorts of things with our expertise and writing – earn income in new ways, create new publications, and expand where we are published. He led an engaging and productive session while meeting our member's diverse needs and experience levels.

Marnee Weber, Vice President of Programs, International Coach Federation - Phoenix

Dr. Holmes provided an extremely well organized webinar series. Each webinar was very professional, chock full of useful information and well received by all of the attendees. Thanks Dr. Holmes!

Bob Seebohar, Elite Triathlon Coach, Owner, Fuel4mance and Performance Webinars, Boulder, CO

Dr. Holmes, I want to thank you for coming to Bizdom this morning. Your presentation was interactive, fun and it couldn't have been more relevant. The entrepreneurs are finishing their business plans and preparing to launch at this point, and it is critical that they pay more attention to improving their overall health and wellness. We appreciated the tips and specific steps to take, because it gives us clear actions to take. You are an engaging speaker and I hope to work with you again. Thank you again and we look forward to seeing you again soon!

Amy Gill, Curriculum Specialist, Bizdom U, Detroit, MI

Dr. Holmes' easygoing manner made our group feel comfortable, but he also delivered quite a punch with the range and depth of information he provided us throughout the entire session. All of the speakers in the audience came away with a wealth of information about how to blog to increase their speaking business, and with renewed excitement about blogging as a marketing tool. Thank you Dr. Holmes!

Gilat Ben-Dor, MBA, CSW, Chair- Living Room Forum Speaker Series, NSA - Arizona

Thank you for an excellent presentation at our NSA Living Room Forum. You made it sound so easy. You took the pain out of writing a book by using your pyramid concept as a building block to achieving another goal...that is, writing a book. I'll start blogging more to maximize my marketing efforts based on the content from my book. Thanks. Happy cycling!

Barbara A. Atkins, Retirement/Transition Life Coach/Speaker, Author - "70 is the New 40", Penna Group, LLC

Dr. Holmes showed us the ability and experience to take a complicated and emotionally laden issue and forge consensus around it. He keeps the issues simple and presents them in such a way that the audience cannot help but agree with the conclusion. He proved to be a real benefit to our company.

Patrick M. Barrett, Senior Vice President & General Counsel, R. L. Polk & Co., Southfield, MI

Dr. Holmes relates well to students, staff and faculty. His seminars are targeted to his audience, contributing to an outstanding educational experience.

Pamela Zarkowski, JD, MPH, Interim Academic VP & Provost, University of Detroit Mercy, Detroit, MI

Dr. Holmes brings a fresh new approach to communication between facilitator and audience. His background knowledge and experience offer a hands-on approach with a diverse audience.

Nancy Sturm, Director- Challenger Learning Center, Wheeling Jesuit University, Wheeling, WV

Dr. Holmes provides an excellent learning experience for our staff. Our staff looks forward to seminars facilitated by Dr. Holmes. His energy and professionalism are the reason why we keep calling him back.

Michelle Hansel, Vice President of Human Resources, Detroit Regional Chamber, Detroit, MI

Dr. Holmes is an excellent trainer and workshop facilitator! His professionalism and obvious ability to relate to all people make him a unique and special person. His knowledge of professional development and related subjects is astounding and his delivery of that knowledge is not arrogant or intimidating, putting all those at ease who participate in his workshops, seminars or personal coaching sessions.

Ardis Cazeno, Director – Labor Exchange Services, MI Department of Career Development, Detroit, MI

Dr. Holmes is a high caliber, value added consultant! He exhibits a high degree of knowledge and professionalism. I highly recommend him!

Germaine K. Carter, Vice President of Human Resources, The Bing Group, Detroit, MI

Dr. Holmes explains nutrition in a way that's easy to comprehend. His presentation was filled with facts I didn't know and easy steps to implement right away.

Jennifer Baum, Editorial Projects Manager, Detroit Regional Chamber, Detroit, MI

Dr. Holmes is a great trainer! He utilizes group activities as a strategy to get you involved and actively learning.

Selina Bonds, Program Manager, The Bing Group, Detroit, MI