

HUMAN PERFORMANCE CONSULTANT

TY HOWARD

Mr. Untie the Knots®

Spreading Kindness Together



THE LESSON

Spread Kindness Together, and Together – We Will Create a Positive, Thriving Culture Everyone Deserves.

WHY PEOPLE AND ORGANIZATIONS LOVE THIS PROGRAM



HUMAN DECENCY

Spreading kindness through human decency builds stronger, more resilient, and healthier connections in every aspect of life.



BUILDING A POSITIVE CULTURE

Shared kindness strengthens trust and relationships, creating a safe, positive environment where all employees can thrive, collaborate, and achieve great things together.

HOW EVERYONE WINS

- ✔ **Boosts mental well-being:** Consistently spreading kindness increases serotonin for both the giver and receiver.
- ✔ **Creates infectious positivity:** Kindness ripples outward, inspiring others to act generously, lifting community morale.
- ✔ **Fosters shared humanity:** It breaks down social barriers, building a more compassionate, connected, and supportive society.

ABOUT MR. UNTIE THE KNOTS®

Ty Howard is the founding principal and chief strategist of InspiraGen Institute, based in Baltimore County, Maryland. He is a U.S. Navy veteran and a globally sought-after organizational development and human performance consultant, leadership development coach, motivational keynote speaker, team-building expert, equity and inclusion practitioner, well-being and resilience coach, and personal transformation strategist.



Best-selling Author of the Book

Untie the Knots® That Tie Up Your Life

BECOMING CONSISTENTLY KIND

Moving kindness from a 'nice-to-have' idea to a strategic asset.



Ignite the Spark: Kindness Starts with YOU

Kindness is your responsibility to generate and practice daily.



Control the Controllables

Check your emotional temperature and response to challenges.



Elevate Team Togetherness

Respect and empathy for differences strengthen trust and collective team capability and performance.



Be a Culture of Kindness and Change Champion

Own your part in every interaction. When everyONE contributes, EVERYONE reaps the rewards.

BOOK MR. UNTIE THE KNOTS®

Contact InspiraGen Institute today to hire Ty Howard to present "Spreading Kindness Together" to your organization or group!



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