

Sun Life, U.S.
2323 Grand Blvd.
Kansas City, MO, 64108
sunlife.com/us

03/01/2026

Mike Hourigan,

We are thrilled we had the opportunity to work with Mike Hourigan and his team!

Mike delivered exactly what we needed—forward-thinking insights into generational workforce trends that truly resonated with our clients. His collaborative approach was outstanding: he took time to understand our challenges, tailored his content perfectly, and remained flexible throughout our planning.

His team was fantastic—seamless coordination, every deadline met, every detail managed flawlessly.

From the first moment, Mike had our virtual audience engaged and actively participating. His presentation style was dynamic and interactive, with easy-to-follow slides and powerful real-life examples that created genuine "aha moments" for everyone.

The care and preparation he invested in our event was evident throughout.

We are incredibly grateful for Mike's time and expertise. Sun Life highly recommends him, and we are already excited about our next opportunity to work together!

Sincerely,
Tricia Wright
Associate Director, Priority National Firms



Dear Mike,

I just wanted to thank you for your energetic and compelling presentation that you gave at our retreat. It was wonderful to see you work. You were able to hold everyone's attention (no small feat) and kept out entire crowd engaged throughout the entire two hours! We all really enjoyed it and learned a lot. I had several comments from our group about how much they appreciated your enthusiasm and expertise. I would recommend you to anyone looking for a speaker for their event.

Sincerely,

Lynn Hinson

Executive Assistant

Purcell Foods, Inc.



Testimonial for Mike Hourigan

“Captivating from the first words he spoke, Mike entertained, informed, and engaged our multi-aged audience on a topic of real importance, millennials in management. His presentation was rich in reality, strong in information, and accepted easily with his humor. Every level of business attending the seminar from large international corporations to small mom and pop businesses was impressed by Mike. He is a “must have” speaker!”

Lynn

CEO and former Speaker of the House, Gresham Area Chamber of Commerce



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Mike Hourigan
Hourigan & Associates, Inc.
8801 Taybrook Drive
Huntsville, NC 28078

Dear Mike:

Thank you so much for speaking at the California Fire Fighter Joint Apprenticeship Committee's Fourteenth Biennial Conference in Ranch Mirage.

Your workshop was definitely eye opening for all of our attendees. It is amazing how different each generation sees themselves and the work they do.

Fire management is made up of a lot of Gen Xers who might not have appreciated the attitude of Millennials in their departments; your presentation enabled them to see the positive side of not only themselves but of Millennials and what they can bring to the workplace. Learning to work together and appreciate different ideas, values and knowledge is what makes a department work efficiently.

I do hope you enjoyed our event and the audience you spoke to. We received a lot of great feedback from your presentation.

I have enclosed a recap of the evaluation forms received from our participants. While we never get back 100% of the surveys, I still think you may find them useful.

Thanks again for joining us.

Sincerely,


Yvonne de la Peña
Executive Director

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Mike Hourigan, CSP
Hourigan & Associates, Inc.

Dear Mike,

Thank you for your contributions to the Missouri Bankers Association Leadership Symposium. Your energetic presentation style kept our attendees attentive and engaged in the subjects you discussed. Your program included timely information that our bankers could take back to their banks and implement immediately.

The evaluations on your session were outstanding!

From the perspective of the meeting planners, it was enjoyable to work with you; because of your professional demeanor and providing us with the information we needed for organizing a successful meeting. We are in the process already to identify other conferences where we can use your expertise. We are sure we will be working with you in the near future.

Mike, thanks again for everything!

Sincerely,

A handwritten signature in black ink, appearing to read "John H. Allen".

John H. Allen
Sr. Vice President, Education

JHA/cam



Mike Hourigan, CSP

Dear Mike:

I would like to compliment you on the workshop you facilitated for us at the Washington Duke Hotel. This was a senior group of managers within GSK and you were able to balance the serious nature of the people development themes with insightful and compelling personal anecdotes. Your 45-minute opening presentation setting up the morning workshops was high energy, fast moving and extremely motivating. The messages were clearly on target and helped significantly in focusing the groups on their core tasks.

I would have no hesitation in recommending you to any other organization that requires a very skilled and experienced senior communicator.

Kind Regards,

Head: Global Commercialization Operations

Cc: Dean J. Mitchell, Sr. Vice President, Clinical Development & Product Strategy

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Mr. Mike Hourigan, CSP

Dear Mike,

In the 8-years I have been involved in arranging seminar speakers for members of the Associated General Contractors of Illinois, your presentations on dealing with difficult people and stress were the best!

You gave us exactly what we were looking for - a compact and entertaining program, providing key pointers and memorable illustrations everyone could relate to and put into practice immediately, both at home and at work. You gained further respect by keeping to our time constraints, finishing up early on both days.

I heard nothing but sincere compliments from the 125 people who attended our Midwinter Seminar in Key West, Florida. You reflect true credit on that small group of speakers who have earned the distinction of "Certified Speaking Professional".

Very truly yours,

Executive Director

The Associated General Contractors of Illinois

DREXEL HERITAGE®

To whom it may concern,

I hired Mike Hourigan to conduct two 3-hour sessions in one day for all of our 300 management and key personnel. The only guidance I gave him was that I wanted our people to come away from his session feeling better about themselves, their boss, their employees, their work environment, and our company. We called the session "The Best You Can Be."

Mike not only delivered on his charge, but he did so in such a profound and professional manner that our people said it was the best training and motivational session we had conducted to date. Mike's combination of practical and usable techniques mixed with relevant story-telling and timely humor, and doused with his exciting blend of enthusiasm and energy, made the day one to remember for everyone.

My superiors praised my selection of Mike for the event and I would recommend him to anyone without hesitation. He was certainly a bargain and a value. I look forward to my next event with Mike as the keynote.

Sincerely,

C. David Crouch
Director of Training & Development
Drexel Heritage Furnishings Inc.

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Mr. Mike Hourigan

Dear Mike:

Thank you for providing an excellent series of seminars with our management staff at HomeStar Bank. Your sessions were very energetic and exciting. This type of environment is always conducive to learning. The information you presented will be very helpful to our managers.

The feedback provided by the evaluations of your presentation proves that your time with us was profitable, worthwhile, and beneficial. Some of the comments were:

- Excellent Speaker
- Very interesting
- Mike was very dynamic; kept my attention
- Mike keeps everyone very interested
- Session was very upbeat and entertaining
- Time well spent

It is my hope that we can work together again in the future. Other employees at HomeStar Bank would definitely benefit from attending one of your seminars. I will keep you in mind as future training seminars are planned.

Sincerely,

Ruth E. McConnell
Training Coordinator

Cottingham & Butler

Mike was fantastic to work with from start to finish. From our initial conversations, contracting, and planning, to his time on site at the conference and the follow-up afterward, he was truly dedicated. Mike made a genuine effort to understand our audience demographic to tailor his presentation to their needs. He took time before the conference to ask about our attendees, their industries, and the challenges they face. Before and after his keynote, he stayed around to introduce himself and chat with our attendees. He was engaging and enthusiastic, and everyone enjoyed his presentation. We will definitely hire Mike as a keynote speaker at future conferences.

Meeting Planner
Cottingham & Butler
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