



## **Dr. Myron Kryes (Dr. M.K.), PhD, ACB, ALB**

*Award-Winning Speaker, Licensed Psychotherapist,  
Professional Singer, and ADHD Relationship Coach  
Toastmasters Member*

Dr. Myron Kryes (Dr. M.K.), Ph.D., LPC, has been a member of Toastmasters International since 2010, beginning his journey in Georgia and continuing today in Illinois. Through Toastmasters, he developed his voice as a communicator, storyteller, and leader committed to meaningful connection and confident speaking. Dr. M.K. is an award-winning speaker, licensed psychotherapist, professional singer, and ADHD relationship coach who helps people grow in confidence, authenticity, and connection. His presentations blend psychology, storytelling, humor, and performance to create engaging, memorable learning experiences.

He is passionate about co-journeying with people as they release limiting beliefs, reclaim their true selves, and embrace life and love on their own terms.

### **Educational Workshop Session**

#### **"I Gotta Be Me:"**

*Five Keys to 'Killing It'  
Without Killing You*

Society—and grind culture in particular—teaches us that success requires masking, performing, and pushing past ourselves. In speaking spaces, this often shows up as forced confidence, over-polished delivery, and chasing applause instead of connection. I Gotta Be Me: Five Keys to 'Killing It'—Without Killing You challenges that model.

Led by licensed psychotherapist, ADHD relationship coach, and Pathfinders Toastmasters member Dr. Myron Kryes, this session explores how powerful communication emerges from presence, self-trust, and internal authority—not performance. Participants will learn how to recognize when they are masking or over-performing and how to speak in ways that feel grounded, authentic, and sustainable—on stage and beyond.

#### **Beyond the Mic: 3 Takeaways to Transform:**

1. Understand the difference between performative confidence and embodied authority in speaking.
2. Learn practical tools to reduce masking and regulate anxiety while communicating.
3. Speak with greater presence, authenticity, and impact without sacrificing wellbeing.