

Michael T. Holmes



Michael is the Principal Consultant of INSIGHTS4U Consulting, LLC. His boutique firm specializes in career coaching, leadership development, workforce readiness training, organizational performance, human capital management, non-profit board development, diversity, equity, inclusion & belonging, as well as community relations, youth mentoring & engagement, and justice advocacy.

Michael brings over 30 years of experience to helping connect great talent with great organizations and building leaders for organizations that truly value and leverage high-potential diverse talent. He possesses knowledge and expertise in the areas of leadership development, talent acquisition and management, employee relations, career coaching/mentoring, building/sustaining diverse and inclusive leadership level workforces. Additionally, Michael has hands-on experience working with ex-offenders to mitigate violence, reduce recidivism and enhance police/community relationships.

His career demonstrates a proactive and fearless approach to career management, having worked in corporate with Right Management, Citigroup, Terex and Pitney Bowes; in non-profit, with INROADS, Food Bank for NYC and Yonkers, YMCA; in higher education with Western Connecticut State University and Holy Cross College; and since 2016 as an entrepreneur. These experiences have enabled Michael to have to be engaged in work exploring new business and facilitating leadership development training throughout the US and in Asia, Europe, and Africa.

Michael obtained a Bachelor of Arts degree in Political Science, with a minor in Philosophy from the College of the Holy Cross in Worcester, MA. In September 2016, he was honored by President Barack Obama as a Champion of Change, having spent over 30 years coaching, advising and mentoring youth and young adults.