

# MIKAYLA HOLMGREN

MODEL  
SPEAKER  
DANCER



## EXPERIENCE

### Campaign Model

- Bally Sports North - Instagram Campaign *Minnesota*
- Sephora - We Belong to Something Beautiful *San Francisco, CA*
- Rosedale Shopping Center - Winter Campaign *Roseville, MN*
- Sigma Beauty *Mendota Heights, MN*

### Print Model

- Optum Bank *Minneapolis, MN*
- Volk Magazine *Minneapolis, MN*
- Rosedale Shopping Center *Roseville, MN*
- MFW FashionAble *Minneapolis, MN*

### Runway Model

- Evolve Fashion Show - Fashion Week MN *Minneapolis, MN*
- Dreaming Big Without Limits Fashion Show *Stillwater, MN*
- MFW FashionAble *Minneapolis, MN*
- Best Buddies International, *Bloomington, IN*

### Speaker

- Best Buddies Champion of the Year Gala *Minneapolis, MN*
- Gigi's Playhouse Gala *Des Moines, IA*
- National Down Syndrome Conference *Pittsburgh, PA*
- Best Buddies Leadership Conference *Bloomington, IN*
- Pennsylvania State Capitol - Down Syndrome Protection Act *Harrisburg, PA*
- Sharing Arizona Annual Dinner *Chandler, AZ*
- ProAct Annual Dinner *Woodbury, MN*
- United Nations - Saving Down Syndrome *New York, NY*
- Minnesota Congress Trisomy Awareness Bill *St. Paul, MN*

### Dance

- Dancing with Nia Souix Social Media Series - *Hollywood, CA*
- Best Buddies Leadership Conference *Bloomington, IN*
- Special Olympics Summer Celebration *St. Paul, MN*
- Gigi's Playhouse Gala *Bloomington, MN*
- Various Dance Competitions

## EDUCATION

- Bethel University 2018 *St. Paul, MN*
- St. Croix Preparatory Academy 2014 *Bayport, MN*

## AWARDS

- Minnesota Miss Amazing Jr. Miss 2015 - Miss 2019
- Director's Award 2017 - *Miss Minnesota USA*
- Spirit of Miss USA Award 2017, 2021, 2023 - *Miss Minnesota USA*
- Miss Congeniality Award 2018 - *The Global Beauty Awards*
- Miss Congeniality Award 2018 - *Miss Minnesota USA*
- People's Choice Miss Minnesota USA 2021 - *Miss Minnesota USA*
- Swimsuit Award Miss Minnesota USA 2022 - *Miss Minnesota USA*
- Global Ambassador Best Buddies 2023-2024

## INTERESTS

The Improvaneer Method Class, Upstream Arts Acting, Dancing, Gymnastics, Fashion, Art

## MEDIA

- The Jason Show *Fox9*
- 2022, 2021, 2019, 2018
- People Magazine June 2021
- PeopleTV 2021
- Yahoo 2021
- NewsNation 2021
- NY Post 2021
- Inside Edition 2021
- Entertainment Tonight 2021
- Top Three Podcast 2019
- Platform Magazine 2019
- Lake Time Magazine 2019
- Good Morning New York *Fox5* 2018

## MEDIA

- Facebook: Mikayla Holmgren - Dancer with Down Syndrome
- Instagram: MikHolmgren.inspiring\_others
- TikTok: Mikayla Holmgren
- YouTube: Mikayla Holmgren
- Website: [www.MikaylaHolmgren.com](http://www.MikaylaHolmgren.com)

## CONTACT

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