

Biography



Theresa Rose is a motivational speaker, award-winning author and workshop facilitator whose mission is to educate, entertain, and inspire people to become aware of their unlimited power. Her first book, *Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges*, won the Royal Palm Literary Award and the Living Now Book Award.

A member of the National Speakers Association and a graduate of Eckerd College, Theresa has been interviewed by NBC8 in Tampa, *Glamour*, CNN.com, *Woman's Day*, *Good Housekeeping*, and *Fitness*. Her articles on personal productivity have been widely published in periodicals such as *Personal Excellence*, *Health News Digest*, *Smart People*, *The Manager's Intelligence Report* and *The Real Estate Professional*. Theresa lives in Minneapolis with her husband and daughter.

PROFESSIONAL HISTORY

- **VICE PRESIDENT** of a consulting firm that designs sustainable approaches to enrollment management for institutions of higher learning.
- **SENIOR MANAGER** of Product Marketing and Development for MCI WorldCom. Directly responsible for over \$100 million in annual revenue, brought award-winning products to market, and managed large global teams.
- **SENIOR CONSULTANT** for a technology consulting firm. Provided consulting services in program management and business analysis. Managed software development initiatives from product concept through commercial availability.
- **MANAGER OF NEW PROJECTS** for Boston Market. Responsible for coordinating corporate initiatives and coaching employees on effective project definition and management; designed and conducted numerous technical, process improvement and company culture training sessions for corporate and field personnel.
- **FOUNDER AND OWNER** of Serious Mojo Publications, a publishing and communications company specializing in fresh approaches to energy management, productivity and creative development.

HEALING AND COUNSELING

Prior to becoming a writer and speaker, Theresa owned EnergyWorks, a healing center that provided bodywork, yoga and energy healing services. While there, Theresa conducted guided meditation workshops and taught yoga classes several times per week. As a Licensed Massage Therapist, intuitive healer and nationally certified Reiki Master, she had a thriving healing practice where she helped people unlock physical and emotional blockages, understand and transcend core life issues, and ultimately embrace their personal power more fully.

Theresa is an Ordained Minister of Prayer from the Center for Sacred Studies, having completed a two-year cross-cultural ministerial training program with emphasis on indigenous ceremony, ritual and transpersonal psychology. She is currently the Spiritual Director at Lake Harriet Spiritual Community in Minneapolis.