theresa rose

speaker
author
bringer of the mojo

Popular Keynotes

GET BIG: The HoopWoman's Guide to Living Freely and Fully

The humble Hula Hoop. It's not just a kid's toy anymore! The hoop is also a powerful vehicle for personal discovery and transformation. Theresa Rose, a.k.a. HoopWoman, delights and inspires audiences by performing and sharing juicy lessons she has learned both in and out of the hoop. In this **joyful, one-of-a-kind, visually stunning** presentation, you will discover how to turbo-charge your energy and unleash your full potential. Hey people, it's time to GET BIG!

Finding Your Mojo: The ABCs of Living in Abundance, Balance and Creativity

What is mojo? It's that **fire**, that **energy**, that **zest** that makes life juicy! If you've got your mojo working, you are on top of the world: energetic, creative, and fulfilled. If you've lost it, you may have to look up to see the bottom: depressed, tired, overwhelmed, and unable to accomplish much of anything. In Finding Your Mojo, Theresa describes the extraordinary impact mojo has on our productivity and health, and she humorously shares some of her most insightful (and often embarrassing) life lessons.

The Gift in the Gunk: Transforming Life's Droppings into Blessings

Everything that happens in our lives -- absolutely EVERYTHING -- contains priceless gifts! When we operate under this principle, all of our experiences, whether it's financial difficulties, job stress and insecurities, health challenges, relationship woes, or even the loss of a loved one, can be turned into profound opportunities. Theresa shares an inspiring message on effective ways we can rid ourselves of victimhood and **transform our painful events into bountiful blessings**, both personally and professionally. Isn't it time to celebrate the gifts in our gunk?

Going Above and Beyond

Before Your Event

Increase your registrations up to 35% with a spirited pre-conference promotional video that Theresa will customize for your event. It's sure to whet appetites and get **cheeks in the seats!**

During Your Event

Theresa's **captivating, energized** keynote will be remembered for years to come! She'll not only "wow!" the audience, but provide proven, **highly-effective** tools that can positively impact their professional goals on day one.

After Your Event

Foster attendee interaction and **knowledge transfer** through a post-event telecom chat! Participants have a chance to ask questions and **integrate** lessons learned in this lively follow-on session with Theresa.

Contact Information

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To See Theresa In Acton

TheresaRose.com/video

theresa rose

Clients include:

- American Business Women's Association
- American Cancer Society
- Association of Utah Community Health
- CFA Society of Minnesota
- Community Bankers Association of Illinois
- Florida Occupational Therapists Association
- International Assn. of Administrative Professionals
- Iowa Caregivers Association
- Mary Kay Cosmetics
- Mayo Health Systems
- Midwest Society of Association Executives
- Minnesota Dietary Managers Association
- Minnesota Multi Housing Association
- Oklahoma Hospice & Palliative Care Association
- Pinnacle, an American Management Services Company

About Theresa

Theresa Rose is a motivational humorist, 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.

Rave Reviews

"Theresa was wonderful. Her life stories and messages are exactly what everyone needs to hear, no matter what profession you are in or where you are in life - young or old, male or female. She truly has a way to inspire you to live a better life, which ultimately will impact others around you to live more positively as well. I have caught myself using Theresa's teachings right away so it truly does make an impact." — **Tami Yokiel, Mayo Health Systems**

"Theresa's presentation was a breath of fresh air and uplifted us throughout the day. Real life stories that everyone can relate to and laugh at themselves. A needed reminder to care for yourself in order to care for others! Thank you! " — **Paulette Sorenson, Minnesota HomeCare Association**

"No matter what your life experience, or your stage of life, Theresa's points speak to your heart, and provide something needed to every audience member." — **Angela Sauro-Davis, American Business Women's Association**