



Unwrapping life with words

"Theresa's words to the ladies hit on a very real need in our lives. She was able to discern the struggles of the audience and impart encouragement that we are not alone, but part of a greater community which shares our temptations, fears, and hopes. Her authenticity helped us to know that she understands who we are. And her wit helped us find the humor often hidden amidst our daily work. Theresa has a gift for coming alongside her listeners to offer practical help, as well as, to refresh our hearts."

— Kristin Gadsden; CHE Ladies Tea Committee Member

"I so enjoyed her talk on expectations and the wisdom Theresa shared. I wasn't expecting funny, but then she was so disarmingly funny."

— Julie Bailey



Untangling the Lies that Bind us

Many of us are defined by a past that limits our present. In order to experience life, we must first learn to accept the story of our past. In this talk, Theresa explores how we can overcome the lies of our past, embrace the opportunities of our present, and live out the story of our future by untangling the most common lies we believe.

Finding Humor in Everyday Life: Even When All We See Are Mudpuddles

Have you ever heard the saying, "Laughter is the best Medicine?" It's true and during this talk, Theresa shares the benefits of humor and how we can cultivate it, even when we are smack in the middle of difficulty. This talk will help your audience learn tips on creating humor in everyday life and how it connects us with others so we see beyond the mudpuddles.

Shedding Shame to Reclaim Our Identity and Joy

Shame is a human condition that affects our ability to walk in our true identity. In this talk, Theresa explores the root of shame, the lies we often partner with because of it, and how to combat those lies through healing and truth.

Mistakes Worth Celebrating

Mistakes, though often seen as negative, are an important part of life. Giving our children, others, and ourselves the freedom to make mistakes and learn from them is important to growth in every area. In this talk, Theresa provides tools on how to respond to and benefit from mistakes, while developing a growth mindset that cultivates a positive perspective of those made in the past.

SPEAKER TOPIC Summary Sheet



Navigating the Speedbumps of Motherhood

Motherhood is wonderful but it has a tendency to throw our life into a whirlwind. In this talk, Theresa shares 13 tips to help mothers navigate the joys and challenges of motherhood. With her combination of humor, truth, and wisdom this talk is sure to leave your audience encouraged and excited to enjoy their season of motherhood.



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or media appearance:

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