

Make more time. Get more done.
Earn more money. Have more fun.

Theresa Rose

Speaker Kit

Keynote Speaker | Mindfulness Expert



Theresa Rose

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Imagine your to-do list is done.

Your day – no, your WEEK - is highly productive. And the energizer bunny is jealous of your energy levels. That describes personal growth expert Theresa Rose on a slow day.



Like most people, Theresa used to look for more hours in the day and dreaded the tasks on her to-do list. And then she discovered how the power of mindfulness reduced distractions and increased her ability to get more done in less time. Since then she has worked with organizations from small businesses to Fortune 100 companies to **increase productivity and boost bottom-line results.**

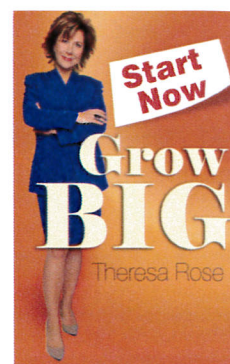
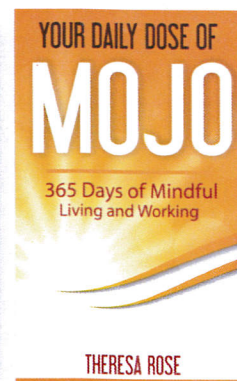
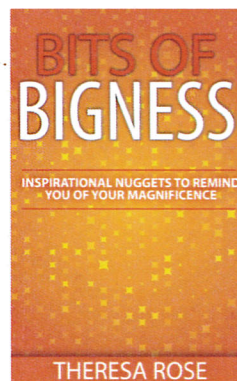
Today Theresa is an **energizing catalyst who transforms cultures and mindsets** for growth-minded organizations and individuals to play big and create the outcomes they desire. She will help you cut through the noise to become a high performing ninja while figuring out how to actually relish life instead of enduring it.

Theresa has seen how the power of mindfulness can create **exponential growth in your business and in your personal life.** She knows the secret to milking more out of the day so you can enjoy every To-Do.

Clients, attendees and followers are magnetized by **Theresa's powerful-but-playful energy and the mind-body mastering strategies** she shares on the stage, the page and the screen.



Inspiring Author of:



Meet Theresa

Theresa Rose

FUN FACTS

- Practices yoga and meditation (almost) daily
- LOVES to dance to Donna Summer
- Was responsible for over \$100 million in annual revenue as a global marketing executive for a Fortune 100 company
- Has been a bartender, leasing agent, temp, fast food cashier, lifeguard, and hospice volunteer
- Is a proud direct sales kid whose mom was a successful director in the industry for thirty years
- Voted Most Enthusiastic in 2nd grade and still loves inspiring others to reveal their fullest potential
- Currently surviving the mothering of her wonderful (and occasionally exasperating) teenage daughter

INTERVIEWED BY



AWARDS and ACCOLADES



A fun interview!



Why Mindfulness Matters

Theresa Rose



Americans spend more than 10 hours a day in front of a screen, checking their phones 46 times a day



Disengagement costs the U.S. over \$500 billion annually



Workplace stress in America is responsible for almost \$200 billion in health care costs



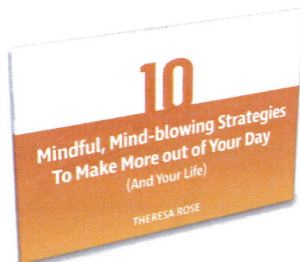
Between 50 million and 70 million U.S. adults struggle with a sleep disorder

What is Mindfulness?

Author and Mindfulness Pioneer Jon Kabat-Zinn describes mindfulness as “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” How we consciously show up every day colors how successful we are at work, how happy we are at home, and how healthy we are on the inside and the outside.

We can choose to be mindful in what we eat, how we move, how we sleep, how we start and end our days, how we quiet our minds, how we work with others, how we lead our teams, how we handle stress, how we sell to our customers, and how we show up in the world. The opportunities are endless.

By combining mindfulness with leadership and productivity best practices, we exponentially expand our possibilities and optimize collaborations.



Visit TheresaRose.com/havemore to receive your free eBook!

Mindfulness Gives You More

Whether we work for a large organization, small business, non-profit, or ourselves, we all crave more: **more time, more money, more energy, and more items marked off our To-Do list.**

Theresa Rose couples her decades of experience in mindfulness with her background in business management, consulting and leadership to help organizations and their teams get more of what they need and less of what they don't. More income, less expense. More balance, less stress. More focus, less distraction. More clarity, less noise.

Make More Time – Stop losing precious minutes to interruptions, fire-drills, and unimportant busyness. Start creating additional pockets of time with purposeful planning, effective decision-making and daily energizing.

Get More Done – Stop spinning your wheels, enduring endless meetings and drowning in your To-Dos. Start supercharging your creativity, improving team cohesion, and cranking out innovative, important work faster and better than your competition.

Earn More Money – Stop spending unnecessary money on health care, lost hours and turnover. Start making more with higher sales, greater employee engagement, and smarter relationship management.

Have More Fun – Stop feeling stressed, losing sleep and being overwhelmed. Start enjoying your time at work, on the road, and at home.

Mindfulness matters more than ever before. Work with Theresa to transform your culture, strengthen your leadership, and embolden your teams to be, do and have MORE.

Signature Keynote:

Mindful Productivity: Make More Time, Get More Done, Earn More Money, and Have More Fun

The weekly planners. The productivity apps. The overstuffed calendars, stacks of lists, and endless obligations that are coming out the wazoo. There's just too much to do, and time keeps on slipping, slipping, slipping away from you. What would it be like if you could make more time? What would you do with it? Imagine not only how much more you could get done, but who knows? You could even carve out a little bit of time for yourself every once in a while. You can become a master of your time instead of its servant. Learn how to make more space in your calendar — and in your life — so you can pay better attention to yourself, your relationships, and your work.

In this practical, powerful program, you will discover how to:

- Leverage nine critical aspects of your work and personal life using Theresa's proprietary Mindful Productivity Model
- Increase sales and performance by optimizing connections with customers, prospects, and teams
- Master your schedule so it works with your lifestyle instead of stealing from it
- Reduce distractions that eat away at your day

For a deeper dive into the world of mindful productivity, consider adding these value-soaked supplemental sessions!

Mind-Blowing Leadership

Creating High Performance using Mindful Productivity

Deadlines are looming. Productivity is plummeting. Expenses are at an all-time high. Your people are tired and might be looking for better opportunities. Leaders of today must engage their teams in a new way if they are expected to retain the best talent and stay ahead of the competition. The best leaders create the space and time to lead with greater focus. Improved presence. Stronger influence. Better bottom-line results. Make the smartest decisions that have the greatest POW factor. Coach your team to previously-unimagined levels of performance. And most importantly, leave work at work.



The Mindful Productivity Experience:

Mind Training Methods and Mindsets Put Into Practice

This highly-interactive program will enable your attendees to experience first-hand a Guided Visualization for Health and Success and other effective stress-reducing exercises that will foster an empowered, growth-oriented mindset while putting them back in the driver's seat of their lives at work, at home, and within. They will learn how to start a mindfulness practice on their own and how to intentionally manage their mental and physical energy, which will set them up for even greater levels of success in every area of their lives.

Improvise, Interact and Innovate:

Mindful Productivity at Play

Get your attendees off their chairs and have tons of fun interacting with each other! In this laugh-out-loud, team-building program, Theresa will facilitate a fun-filled series of improv games designed to create strong connections, promote a positive work environment, and generate innovative ideas. Consider this delightful play-with-a-purpose program to energize and engage even the stodgiest attendee. Warning: Neighboring sessions may complain about the amount of laughter and silliness that will emanate from the room!

Cultures & Connections:

Using Mindful Productivity to Create Powerful, Profitable Results

Let's face it. Organizational cultures and work relationships aren't always smooth sailing. Just imagine how much more successful you and your team could be if they understood how to lead more effectively. Collaborate with positive intention. Innovate with energy. And communicate in a way that creates purposeful partnerships at every turn. Get ready for your team to achieve higher and higher levels of success while creating an empowered culture that has them want to come to work every day.

Emcee Services



Does your next event run the risk of being disorganized, disjointed, or worst yet, BORING?

Have no fear. Theresa is here.

A professional Master of Ceremonies (emcee) can make all of the difference between a seamless, engaging, sensational event and a scattered, dull and forgettable one.

With Theresa as your emcee, she will be with you every step of the way, serving as your co-captain and event guide.



- **MAGNETIC STAGE PRESENCE**
- **ACTIVE LISTENING SKILLS**
- **EXTEMPORANEOUS TALENTS**
- **DETAILED ORGANIZATIONAL ABILITIES**
- **INFECTIOUS HUMOR AND POSITIVITY**
- **BUSINESS ACUMEN**

Here are just a few ways Theresa can partner with you to plan and execute your next next-to-flawless engagement:

Before the Event

- Research the organization, industry, presenters and panel experts to provide valuable context, insights and clarity
- Curate the best possible programming that align with event theme and meet organizational objectives
- Construct the agenda to create ideal flow, knowledge retention and long-term impact
- Craft and edit compelling marketing collateral that maximizes registrations
- Record a customized pre-event video to help promotion efforts

- Engage on social media to create event buzz and increase visibility to the sponsors
- Do interviews with radio and television outlets to gain additional exposure

During the Event

- Act as the primary point of contact for presenters
- Keep the schedule on track and on time
- Introduce and thank each presenter in a fun, complimentary fashion
- Pepper light humor and energy throughout the day
- Conduct an entertaining, thoughtful panel facilitation and field questions from the audience
- Serve as auctioneer during fundraising portion
- Lead award presentations and raffle giveaways
- Perform an end-of-day wrap-up segment that solicits highlights from the audience and reinforces value

After the Event

- Conduct a post-event assessment with event planner on what went well and what could be improved for next time
- Suggest presenters for future events
- Record a thank-you video for all attendees that remind them of key takeaways and reinforce the value of the event
- Follow-up on social media to acknowledge volunteers, thank attendees, and provide additional exposure to sponsors

Top 10 Reasons to Hire Theresa

Theresa Rose

1. Humorous

Theresa is a talented comedienne who treats every speech like a standing-room-only performance. Humor is critical in keeping audience members on the edges of their seats.

2. Engaging

Attendees will deeply resonate with Theresa's presentation and feel like she is talking directly with them.

3. Interactive

Theresa immerses herself into the crowd, making the audience the stars of the show.

4. Consultative

By genuinely listening to you and your needs, Theresa crafts the perfect offering that will help make the event flow easily.

5. Low-maintenance

No more PowerPoint! No more fancy water requests! No more itemized invoices for travel! Theresa is The Speaker Anti-Diva.

6. Experienced

Theresa taps into her extensive background in business to deliver high-value programs that directly address key areas of focus.

7. Customized

Theresa performs a needs assessment and industry research to ensure that her presentations are perfectly aligned with organizational objectives.

8. Committed

Your success is paramount in Theresa's mind. As such, she will do whatever it takes to help promote your event, from a pre-event promotional video to media interviews to submitting an article for your newsletter to social media engagement.

9. Communicative

Theresa checks in well before the event itself to confirm details, texts you when she leaves and arrives, and ensures that all your concerns are addressed right away.

10. FUN!

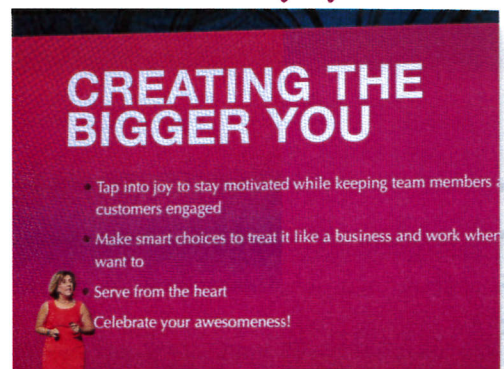
Life is too short to work with boring people! You and your team will have fun working (and playing) with Theresa.



Electrifies the Crowd!



Humorous Engagement



Flexible & Creative

Clients and Kudos

Theresa Rose

Theresa has worked with hundreds of clients from a variety of industries.

From corporate giants to state and national associations to educational institutions to non-profit organizations, she is committed to making every audience member feel valued, empowered and inspired.



AMERICAN BUSINESS WOMEN'S ASSOCIATION



UNITEDHEALTH GROUP*



Minnesota
STATE COLLEGES
& UNIVERSITIES



"Your message really **RESONATED WITH THE ATTENDEES** and, through your **HUMOR** and **STRAIGHT TALK**, made a lasting impression on them. Many have told us what they are going to do to change their lives as they take your message to heart." - *Kathleen Murphy, President/CEO, Maryland Bankers Association*

"Your enlightening presentations not only jump-started our conference, but **KEPT THE ENTHUSIASM OF THE PARTICIPANTS GOING THROUGHOUT THE DAY**. I can't thank you enough. Your messages were a great fit for our group. Theresa, we look forward to working with you in the future!" - *Valerie Johnston, Vice President Education & Special Events, Community Bankers Association of Illinois*

"Your keynote presentation was exactly what we had hoped for! You were **INSPIRING, RELEVANT, AND FULL OF ENERGY!** You were a pleasure to work with- agreeing to not only be our keynote featured speaker, but also presenting a workshop on Time Management and also facilitating a discussion with our panel of extraordinary women. Your rapport with the audience was fantastic - you have a knack for getting everyone engaged. Thank you for all you did to make our Leadership Summit such a success!" - *Sandra Rhodes Whitehead, CREW Richmond 2014 Chapter President*

"You had just the **RIGHT AMOUNT OF HUMOR, REALNESS AND KEY MESSAGES** to send our consultants off to do great things! I also appreciate that you **TOOK SO MUCH TIME** to be a part of some of our sessions and activities. You were looped into everything and it showed!" - *Carmell Meland, National Training Manager, Tastefully Simple*

"Theresa, you were fabulous! The evaluations are unbelievable! **THE ATTENDEES LOVED YOU!** You've received all 5's which equals **EXCELLENT!**" - *Cheri Messerli, Director of Training, Missouri Bankers Association*

Attendance

In order to get to know everyone and learn even more about your business, Theresa loves to attend as much of your event as possible. If she speaks in the morning, she will fly in the night before and attend your evening function that you have. In addition, she may attend local unit meetings or other events in order to do a deep-dive into your specific business model.

A/V Requirements

Theresa does not use slides. (YAY!! Your attendees will thank you for it.) All she requires is a wireless handheld microphone so she can interact with the audience. If possible, she also likes to plug in her iPhone into the audio feed in order to have upbeat music playing when she enters and exits the stage.

Communications

There's nothing worse than worrying if a speaker has arrived safely or if you will be scrambling to find a suitable replacement. Fear not! You will receive texts when Theresa leaves Minneapolis, when she lands, and when she has checked into the hotel. She is always just a phone call or email away -- 952-960-7765, Theresa@TheresaRose.com.

Emergency Contacts

Just in case...

Jean McManis (Virtual Finance Manager) - 319-432-2875

Briana ALTaqtqa (Niece) - 651-666-8758

Handouts

Theresa typically does not use formal handouts. She prefers to have the flexibility to work with the audience and what direction they may take the program. Any key points are easily captured by attendees on simple notepads. If she does use a handout, she'll provide them on the day of the event.

Payments

In order to confirm an engagement, a 50% deposit is required. Checks may be made payable to Theresa Rose Presents, LLC and mailed to P.O. Box 94, West Branch, IA 52358. The remaining balance may be mailed two weeks prior to the event or hand-delivered to Theresa upon arrival at the venue. If you prefer to use a MasterCard, Visa or Discover credit card, feel free to call Theresa at 952-960-7765 to complete the transaction.

Promotion

Theresa is committed to helping you make your event a smashing success! Theresa is happy to record a short pre-event promotional video, submit a helpful article for your newsletter or website, engage on Facebook, and supply all the necessary graphics and copy for your brochure.

Staging

Since Theresa does NOT use a lectern, please remove it from the stage or move it to a back corner of the stage. In addition, please install stairs with a handrail on the side of the stage. For very large stages, the stairs can be on the front. In order to provide the best possible experience for the audience, please ensure that the stage is close to the first row or set of tables. Large empty spaces anywhere in the room diffuse the contagious positive energy that is created in the performance.

Travel & Transportation

Theresa has a flat travel fee to cover airfare, ground transportation, meals and incidentals. Lodging is typically provided by the client. For local engagements, mileage reimbursement will also be required. If the event is not being held at a hotel, please secure a quality hotel room with a fitness center as close to the venue as possible. Theresa prefers a king, non-smoking room with a refrigerator. (She travels with yummy snacks so she won't go crazy eating naughty road nosh.)

Videography & Photography

You are welcome to videotape and photograph Theresa's performance. However, please get written permission first with master copies sent to Theresa within one week of the event.

Virtual Finance Manager

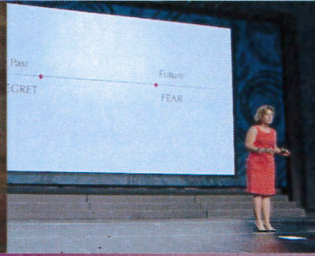
While Theresa lives in Minnesota, her Virtual Finance Manager resides in Iowa.

Deposit payments will be mailed to Theresa Rose Presents, LLC, c/o Jean McManis, P.O. Box 94, West Branch, IA 52358.



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