



PHYSICAL | MENTAL | SPIRITUAL

MINDFULNESS EXPERT



TESSA TODD MORGAN

is a mindfulness expert, personal growth coach and accredited trainer in Emotional Intelligence. As the Founder and CEO of TRIESSENCE, Tessa has coached hundreds of individuals and organizations to achieve a balance of physical, mental and spiritual wellness.

In 2003, Tessa began in the professional speaking industry, and was privileged to work with famous keynote speakers and celebrities such as Dr. Oz, Geena Davis, Sir Ken Robinson and Suze Orman. Today, she speaks, trains and consults professionally, coaching contributors to become leaders, and helping leaders to become steadfast, calming influencers in stressful corporate environments.

In her programs, Tessa leads people to recognize the invisible barriers that exist between them and their goals, and helps them to develop strategies for achieving those goals by recognizing and neutralizing various forms of stress using personal growth, optimism and mindfulness techniques.

After getting her degree and studying Criminal Justice and Business Management, Tessa completed a four-year leadership development program at the Center for Authentic Leadership where she received her coaching training and enjoyed working with entrepreneurs from around the world.

Shortly thereafter, Tessa received her accreditation in *Emotional Intelligence for Personal Leadership* from the Institute for Health and Human Potential. Today, she helps audiences to solve the daily problems that millions of workers and leaders face every day—the inability to step “outside” their own heads and purposefully reset, renew, and re-energize themselves.

After being a yoga instructor for years and not always loving the intimidation that can come for others and some of the teachings around it, Tessa now incorporates her expertise by leading corporate audiences in learning techniques that can be used to increase productivity and reduce stress in office environments using what she calls mindful movement.

OPTIMISM

WORK/LIFE BALANCE

Self Awareness

Motivational/Inspirational

Emotional Intelligence

PRODUCTIVITY

Employee Engagement

TIME MANAGEMENT

Meditation

Health/Wellness/Fitness

Personal Development

LEADERSHIP

Emcee & Program Facilitation

PROFESSIONAL GROWTH

CHANGE/TRANSFORMATION

STRESS RELIEF

MENTAL HEALTH

EMPOWERMENT

Mindfulness

Team Building

YOGA

DAILY RESET BREAK:

Take mindful control of your daily life using easy optimistic ways to reduce stress and increase productivity.



DID YOU KNOW?

Employers and workers alike want to solve the problem of stress in the workplace, and expensive solutions abound. But did you also know that fewer than 10% of workers take advantage of corporate wellness programs?

Tessa Todd Morgan offers simple tools that can help anyone to manage daily stress in minutes, providing anyone in attendance with the ability to re-energize and re-center themselves with a **DAILY RESET BREAK**. This allows you to reboot your body, mind and spirit to be more productive and, most importantly, be well.

In this interactive presentation focused on the practice of a few simple mindfulness techniques, you will learn to:

- *Fight fatigue and enhance focus at work and at home*
- *Reduce stress, increase creativity, and be more productive*
- *Become more optimistic*
- *Recognize and manage "trigger moments" using emotional intelligence techniques*
- *Minimize afternoon crashes*
- *Ignore the distractions you face in a screen-centric world*
- *Kick start a healthy mindset in order to maximize energy*
- *Relearn the ability to be present in the moment in order to cope with daily stresses*

Along with the speech, Tessa will guide you through breathing exercises and light stretching to demonstrate techniques that can be used anytime, anywhere. The science behind the use of breathing exercises will illuminate how oxygen benefits both sides of the brain, freeing the logical and creative nerve centers to work together effectively, and both relaxing and energizing the body. Light stretching and yoga poses can easily be done in business attire, underscoring the benefits of the mind and body connection.

You will leave with an understanding of the health risks of sitting for prolonged periods and the importance of taking quick breaks throughout the day so you can be more productive and alert in the time you are at your workstation.

In addition, you will be coached to identify actions, emotions and behaviors that are not serving your interests, and will be given instruction on how to eliminate that "baggage" to be able to move forward.

We turn our computers off once a day so that they perform correctly. Why wouldn't we give ourselves the same opportunity to emerge refreshed with a DAILY RESET BREAK?



FIND YOUR TRIESSENCE: A three-part, personal growth plan for leaders or individual contributors

Personal growth, empowerment and the ability to live up to our full potential are all things we desire for ourselves. Often, however, the barriers to fulfilling those desires are self-created, either actively, or through channels of which we are completely unaware.

This program is designed to give you the ability to recognize and eliminate both active and passive self-sabotage, re-ignite your passion, and identify action steps for achieving the goals in life that you want to accomplish by using optimism and mindfulness.



TRIESENCE: /trī/esəns/ (noun)

The perfect balance between the three elements of your true essence – physical, mental and spiritual. Aligning these three states results in happiness, fulfilling relationships, health, success, love and joy.

After many years of training and working with business leaders, yogis, entrepreneurs, celebrities, management experts, and countless people searching for what is missing in their lives, Tessa has learned the importance of true balance - and how to achieve it.

In this program, Tessa shares the tools and techniques she has learned along her journey in finding true joy and fulfillment in her life, ending self-sabotage, and pursuing personal and professional growth. Through personal anecdotes and professional research, Tessa covers all three areas of critical attention with light-hearted grace.

Through the use of specific, mindful tactics, you will learn how to:

- *Recognize and eliminate instances of self-sabotage*
- *Identify relationships, behaviors and beliefs that are not serving you*
- *Make new decisions in order to live out your greatness you were born to be!*

You will learn that you are capable of amazing things, but are also capable of subconsciously limiting your own success. Tessa helps you realize where your life has potential for nurturing, and then gives you the tools to find results quickly.

"Tessa provided our organization with the concepts and tools we needed to break free from our unhealthy stress-producing tendencies and step into a world of calm, focused success. Within a few short days with our team, Tessa created a ripple of positive energy that has reverberated through our organizations for months!"

Josh Witt – Director of Education Sales
for North America, Tobii Dynavox

tobii dynavox

"Our employees had been asking for a speaker to discuss stress management in the workplace. Tessa Todd Morgan tackled that topic and more with her captivating presentation. Employees were very engaged, participated in the exercises, and left with valuable tools to use going forward. Tessa is a dynamic presenter and connected to the audience with her authenticity, knowledge, and humor. I would definitely recommend her!"

Karen Delaney – Director of Human Resources,
NBCUniversal



"Tessa produced an innovative workshop for our Senior Leadership Team retreat. Over the course of the morning we learned how to better manage the stress that comes with our jobs ...uncover blind spots and identify the best ways to care for ourselves. And the team found her warm, yet professional, style engaging and supportive ... She exceeded my very high expectations."

Marjorie Hass, Ph.D. – President, Austin College



RESET BREAKS:

Incorporated within the "Daily Reset Break" program or throughout the event during breaks, along with the option to include content modules.

YOGA/ MINDFUL MOVEMENT:

Improve the clarity, focus and concentration of attendees with a yoga or mindful movement class for all levels.

PROGRAM EMCEE AND FACILITATION:

Tessa can incorporate any of the above programs fluidly while emceeing or facilitating the event in its entirety.

TEAM BUILDING:

Bringing the team together through yoga by incorporating a group class, partner work or sharing during workshops.