



PRESENTATIONS

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

Get your mojo risin'! Award-winning author Theresa Rose humorously chronicles the consequences of losing one's mojo. Theresa describes common mojo busters, those things (or people) that deplete our energy, and provides practical, easy-to-implement mojo boosting techniques that will get rid of the blahs and get to the bliss once and for all!

Emotional Exhibitionism: Authentic Expression as a Path to Health

Isn't it time to expose yourself? Award-winning author Theresa Rose shares the profound transformational effects of telling one's stories with authenticity and how creative expression can help one discover and release deeply buried emotional wounds. Emotional Exhibitionism can free people of hidden shame while moving forward with confidence, joy, and peace.

Walking Through the Fire with Pen in Hand: A Program For Hospice and Elder Care

Award-winning author Theresa Rose describes the therapeutic benefits of raw emotional writing, and how it can help the terminally ill as well as those who are in their later years to process their feelings as healthfully and consciously as possible. Theresa describes how to guide patients and their families in the act of authentic creative expression and explains how people can use the same techniques to address other challenges they face in their own lives.

Staying Calm Amid the Tempests of Change

We all know that workers across the country are being negatively affected by the recent economic downturn. Stress and anxiety levels are increasing, productivity is plummeting, and employee morale is at an all-time low. Award-winning author Theresa Rose gives attendees the practical tools they need to not only weather the storm, but also to emerge head and shoulders above the competition.

Manage Your Time Without Losing Your Mind

Time Management: that dreaded art/science that magically transforms us into productivity mavens, accomplishing high priority tasks like Superman vanquishing foes. How's that been working for you? Are you crossing everything off your task list? Are you spending your time wisely, or do the hours seem to slip through your fingers? Award-winning author Theresa Rose offers creative ways you can do more with the hours in your day while staying balanced and happy.

Rid Yourself of Analysis Paralysis

Have you ever found yourself endlessly obsessing over a big problem or potential opportunity, unable to make the final decision that will resolve it? When considering issues of high import and potentially high impact, do you ever feel like dozens of seemingly unanswerable questions are swirling around your brain? If so, you may be suffering from one of the most common afflictions known to the modern worker: analysis paralysis. Award-winning author Theresa Rose helps you move off dead center and back into action.

Resolving Personality Conflicts Once and For All

Is there someone in your world who drives you absolutely insane? Does this person's voice sound like fingernails scraping a chalkboard? Getting angry hasn't helped, and ignoring the situation hasn't worked either. Award-winning author Theresa Rose can help you transform those nasty 'oil-and-water' relationships in your life into tolerable – perhaps even enjoyable – productive partnerships.

Author • Speaker • Bringer of the Mojo

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