

Tessa Morgan

Mindfulness Expert, Accredited Trainer in Emotional Intelligence & Personal Growth Coach

Please contact a GDA agent for information.

Topics

- Emotional Intelligence
- Mindfulness
- Personal Growth
- Stress Management
- Wellness
- Work-life Balance

About Tessa Morgan

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.

Select Keynotes

- **DAILY RESET BREAK: Attendees can take mindful control of their daily lives using easy ways to reduce stress and increase productivity**

Did you know?

- 4 in 5 workers report job stress, and nearly half say they *need* help to manage it.
- More than 30% of workers experienced stress severe enough to affect their health.
- Work-related stress costs U.S. businesses \$30 billion a year in lost workdays.

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 them to reboot their bodies, minds and spirits to be more productive and, most importantly, be well.



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

- Fight fatigue and enhance focus at work and at home
- Reduce stress, increase creativity, and be more productive
- Recognize and manage “trigger moments” using emotional intelligence techniques
- Minimize afternoon crashes and cravings
- Ignore the distractions that face everyone 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 the audience 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.

Participants leave with an understanding of the health risks of sitting for prolonged periods and the importance of taking quick breaks throughout the day so that they can be more productive and alert in the time they are at their workstations.

In addition, participants are coached to identify actions, emotions and behaviors that are not serving their interests, and are given instruction on how to eliminate that “baggage” to allow them 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 attendees the ability to recognize and eliminate both active and passive self-sabotage, re-ignite their professional passion, and identify action steps for achieving the goals in life that they want to accomplish.

TRIESENCE: /tri/es?ns/ (noun)

The perfect balance between the three elements of your true essence – physical, mental and spiritual. Aligning your physical, mental and spiritual 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, attendees will learn how to:

- Recognize and eliminate instances of self-sabotage
- Identify relationships, behaviors and beliefs that are not serving attendees well
- Embrace leadership in all walks of life, professionally, as a spouse, parent or friend
- Use simple techniques to reduce stress at the office or at home
- Apply emotional intelligence to better manage themselves in everyday triggering situations

Attendees of this program will learn that they are capable of amazing things, but are also capable of subconsciously limiting their own successes. Tessa helps audiences to realize where their lives have potential for nurturing, and then gives them tools to find results quickly.

Select Articles

- [How to Unlock Your People's Performance Potential at Work](#)

Tessa Todd Morgan interviewed on inc.com discussing human behavior and organizational performance using mindfulness and focus.

- [Tessa Morgan Programs](#)

A pdf version of Tessa's programs and bio with testimonials

Select Testimonials

"The Denton Chamber of Commerce presented it's 2015 Women in Commerce Fall Luncheon & Conference, featuring Tessa Morgan as one of three speakers. She did a fantastic job of tying her expertise to the theme of the event which was titled "Your Brand. It's Personal." Tessa shared very helpful and thought-provoking information about how our inner well-being plays a role in the way that we brand ourselves in our careers and life in general. The interactivity of her presentation kept attendees engaged in the subject matter. We thoroughly enjoyed learning about how to take good better care of ourselves. Thank you Tessa. Well done!"

— *Angelica Del Rosal – Director of Programs and Membership Development, Denton Chamber of Commerce*

"Tessa Todd Morgan spoke during our busy season kick off. She opened our eyes to the importance of taking small breaks and how distracted we can become with our technology. She also armed us with coping skills to use every day. We can't wait to implement small changes to increase our quality of life. Thank you Tessa."

— *Jennifer Sicking – Vice President, KHA Accountants and Advisors , PC*

"Creating a culture that fosters emotional intelligence and promotes overall wellness is critical to the success of any organization. Tessa Todd Morgan 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*

"Tessa's approach to appreciating where you are in the moment during our reset break taught me how to regain power when I'm feeling overwhelmed! I highly recommend Tessa for teaching the steps to success whether at work, in a relationship or learning how to reset your mind to get the results you want."

— *Kim Barnes – Senior Managing Partner, J. Hilburn*

"Tessa was asked to speak at a seminar to help us "Go Zen". She shed light on the dangers of chronic stress to our well-being and provided simple techniques to help alleviate anxiety on the spot. Additional lifestyle recommendations would definitely contribute to a healthier, more balanced life experienced in each moment."

— *Laura Mason – Vice President, Texas Association for School Nutrition*

"As the chair of the IASB Annual Meeting for 2015 in New Orleans, we had a unique challenge to help our attendees find new and unique ways to evolve the way they do business every day. Bringing in Tessa Todd Morgan to conduct her Reset Breaks, interspersed throughout our conference, were integral to the success of that learning process. Not only did the breaks help us to think about the stress and tension in our everyday (and conference) work habits in a new way, but they helped us keep our learning quotients high and our minds open and receptive to all the new materials we were being presented with. I highly recommend Tessa's programs, particularly if you have content rich programs and highly driven audiences."

— *Lisa Carnemolla Comerford – 2015 IASB Convention Committee Chair*

"Tessa Morgan 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 and how to use personal development techniques to perform more effectively at work and at home. Tessa helped us uncover blindspots and identify the best ways to care for ourselves. And the team found her warm yet professional style engaging and supportive. Whether it is for senior leaders or individual contributors, I highly recommend Tessa's approach to professional and personal development. Our group has already been incorporating many of the lessons learned during our session with her. She exceeded my very high expectations."

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