

## Tessa Todd Morgan

Mindfulness Expert, Accredited Trainer in Emotional Intelligence, FOUNDER & CEO TRIESSENCE

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.