

Tessa Todd Morgan

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

DAILY RESET BREAK: Take control of your daily life using mindfulness

Are you ready to take a mindfulness journey to purposefully reset, renew and get re-energized?

Tessa Todd Morgan offers simple tools that can help anyone to manage daily stress in minutes, before it turns into prolonged burnout. Are you ready to re-boot and re-center your body, mind and spirit? Tessa will be your guide in light participation, including breathing exercises, simple stretching for the workplace, and action plan coaching to help us focus on proactive behaviors that support our emotional and physical wellness.

Come prepared to learn about ways to fight fatigue, increase concentration, maximize energy, elevate creative thinking, and train our brains to be more resilient in face of daily stresses at work and at home. Let's learn the power of a Daily Reset Break.

FIND YOUR TRIESSENCE: A three-part personal growth plan

Learn how to recognize and eliminate both active and passive self-sabotage, re-ignite professional passion, and identify action steps for achieving the goals in life you want to accomplish. Tessa shares the tools and techniques she has learned along her journey in finding true joy and fulfillment in her life – physical, mental, and spiritual balance. All three areas of critical attention are covered with light-hearted grace. Tessa helps remind us that we are all capable of amazing things.

Value-adding additional options:

RESET BREAKS (STAND ALONE OR ADD-ON OPTION):

Reset breaks can be incorporated as a stand alone option, worked within the “Daily Reset Break” program or throughout the event during group breaks, along with content modules. 10-15 minute segments can be customized to each client's agenda and objectives.

MINDFUL MOVEMENT OR YOGA (ADD-ON OPTION):

Improve the clarity, focus and concentration of attendees with yoga classes for anyone. Vinyasa Flow Style yoga instruction is slowed to fit all levels to guarantee all attendees are comfortable, even if they have never tried yoga. Can also opt for a more basic “mindful movement” class.

PROGRAM EMCEE AND FACILITATION:

Tessa can incorporate any of the above programs fluidly while emceeing or facilitating the event in its entirety. She has been hired to facilitate entire on-stage production while integrating TRIESSENCE and DAILY RESET BREAKS throughout.

TEAM BUILDING (ADD-ON OPTION):

Bringing the team together through yoga by incorporating more intense yoga poses individually or through partner work is a wonderful way to leverage shared experiences to create a team bond. Partner and group sharing exercises can also be used for team building during speeches.