



Theresa M. Robinson, BA, MA, ABD

Planting Seeds of Positive Change into the Lives of Others

Bio

Theresa M. Robinson, BA, MA, ABD

Well-Being and Inclusion Catalyst / Facilitator / Speaker / Coach / Author



Theresa is an ATD certified Master Trainer and professional speaker with international experience in Europe, North America, South America, Australia, Asia, and Africa. She is also the founder and president of Master Trainer TMR & Associates, a training consulting firm based in Houston, Texas, that provides corporate soft-skills training, coaching, keynotes, and management consulting services in the areas of leadership, team building, communications, and diversity & inclusion, wellness. Averaging 50+ engagements annually since 2005, Theresa has an impressive client list that includes corporate executives from a wide range of Fortune 500 companies including Microsoft, Novartis, Procter & Gamble, GE, Allstate, ExxonMobil, KPMG, Deloitte, Mars, Nationwide, GlaxoSmithKline, Bristol-Myers Squibb, and Walmart.

Theresa's areas of expertise include purpose, engagement, inclusion, life strategies for women, and work-life integration. With careful preparation and a great deal of passion and commitment, she customizes delivery according to the needs of the group and thrives on an interactive approach that gets audiences thinking, participating, and even laughing. She draws on all of the senses in her delivery and appeals to visual, auditory, and kinesthetic learning styles. Many participants, after attending her training sessions, seek her out for one-on-one coaching.

A seasoned professional with more than 25 years of experience, Theresa is also the author of *O-Syndrome: When Work is 24/7 and You're Not* and is currently working on her second book, *Women Overcoming O-Syndrome: Real, Raw, Unapologetic*. Married with two adult children, she enjoys reading, journaling, traveling, biking, hiking, powerwalking, and yoga.