



Theresa M. Robinson

Well-Being & Inclusion Catalyst

Facilitator

Speaker



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Rave Reviews

“Theresa Robinson delivered one of the most powerful training experiences we have had at our company. She demonstrated a mastery of the material presented on Energy Management, and her delivery of the material was captivating. The impact was seen in our organization by the lives that were changed as a result of this experience, both in performance improvement at work and quality of life at home. I would highly recommend her to any organization looking for a world class trainer.”

*~ Don Griffin Vice President, Human Resources
Johanna Foods, Inc.*

“Rarely do you find someone who can connect with both the head and the heart in a way that Theresa can. She is inspirational without being sappy and genuinely humble. She connects with the whole person, not just part of them.”

*~ Kirk Perry, Vice President and General Manager
Procter & Gamble*

“Theresa Robinson is one of the most dynamic speakers I have had the opportunity to experience in the 22 years I have worked in Organizational Development. Theresa is an excellent example of full engagement both in her personal life and in her seminars. She captures the audience’s attention from the moment she steps on the stage and she continues to engage them throughout the entire presentation. Theresa gives realistic life tools participants can use to change behaviors and ultimately change their lives for the better.”

*~ Jana Nelson, Organizational Development Specialist
Ministry Health Care*

“Theresa is a dynamic trainer and educator. She captivates her audience with her animated style, high energy, compassion, and sense of humor. She challenges participants to embark upon a journey to self-discovery and self-empowerment, while providing the tools and techniques to bring people’s aspirations into reach. Better yet, she leaves audiences ready and willing to take action that can transform both their professional and personal lives.”

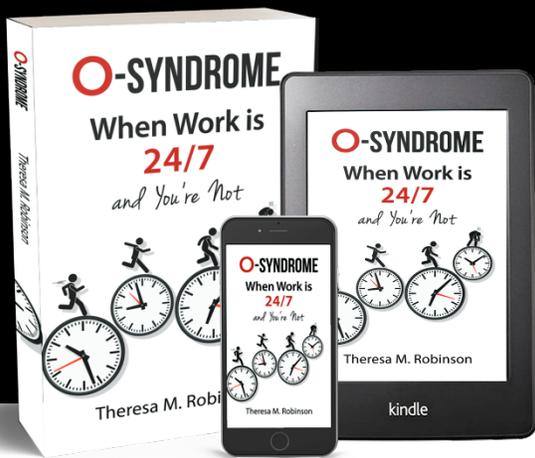
*~ Terry Geraghty, Senior Vice President, Global Human Resources
Manhattan Associates*

Speaking and Workshop Topics:

- Leadership
- Life Strategies for Women
- Work-Life Balance
- Diversity and Inclusion
- Team Building
- Wellness

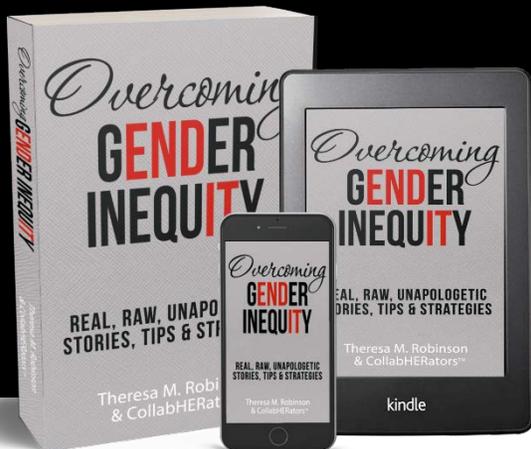
Available For:

- Keynotes
- General & Breakout Sessions
- Workshops and Seminars
- Panel Discussions
- Executive Coaching
- Facilitation of In-house Training Programs as an Independent Contractor



Tackle work-life balance with this shake-you-up, get-you-grounded, ignite-your-fighting-spirit guide to overcoming O-Syndrome.

The frenzied pace in the workplace and its impact on working professionals are the proverbial elephant in the workplace. Many over the years have graciously shared with me their experiences with O-Syndrome -- both the triumphs and the tragedies. My hope is that each reader will be inspired and motivated to find the courage within to overcome chronic busyness.



Stories, experiences, and advice from crazy brave, fiercely resilient, stereotype-busting, insanely courageous, relentlessly determined, wildly successful women.

This book gives voice to the "her story" experiences of gender inequity and the self-imposed pressure to overachieve, overcommit, and overaccommodate in male-dominated environments. In addressing the issue of how women's experiences with O-Syndrome are informed by shared experiences with systemic gender bias and discrimination, collabHERators across race, culture, and generation offer both hope and actionable strategies to overcome O-Syndrome. Be inspired and know that your voice matters.



Theresa M. Robinson BA, MA, ABD

ATD Master Trainer and professional speaker with international experience in Europe, North America, South America, Australia, Asia, and Africa. She is the Founder and President of Master Trainer TMR & Associates, a training consulting firm based in Houston. Averaging 50+ engagements annually since 2005, Theresa is a seasoned expert with 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.

