



Teresa Thomas 
SPEAKER & NETWORKING EXPERT

RAVE REVIEWS

"You do an outstanding job with the networking training for our alumni and student mixer! This is one of the best things our career office has offered to our students over the past couple of years. It really helps students to get comfortable with networking and prepare for a job search. And the alumni find it useful, too."

LYNNE SCHUMAN
*Director of Career Services
Humphrey School of Public Affairs, University of MN*

"A special thank you goes to you for your efforts in developing and facilitating another Internship Speed Networking event at Rasmussen College. Our faculty has received rave reviews from both students and employers. We're looking forward to working with you again."

JOHN MINDIOLA III
*Multimedia Faculty
Rasmussen College*

Ready, Set, Connect

Facilitator, networking expert and professional speaker Teresa Thomas energizes and empowers! In her highly interactive style, she packs her presentations with how-tos, humor and inspiration, leaving people excited about creating meaningful connections that help them to accomplish their personal and professional goals.

People leave Teresa's workshops and seminars with practical networking strategies that are ready for immediate implementation, all while gaining confidence in the process. From recent graduates to seasoned professionals, Teresa provides helpful hints designed to put attendees on the fast track to networking success.

Are you ready to help your students, alumni or staff to gain tips and techniques needed to master networking? Teresa provides customized presentations—as keynotes, breakout sessions and facilitated networking mixers—each including practice sessions in a relaxed environment.

Select from these topics:

How to Create Powerful Win/Win Connections

Networking is the primary path to gaining opportunities, learning and support to get where we want to go. However, the very idea of networking can feel nerve-wracking — or worse yet — slimy! Learn how to tap into the power of authentic, confident and effective networking. In this interactive session, Teresa answers the most pressing questions she receives about mastering the ABC's of networking. Get ready to maximize your relationships through win/win connections.

Taking Your Elevator Speech to the Next Level

In this facilitated session, participants get comfortable with their elevator introduction and learn to deliver it in an engaging and authentic way. Option to add a fun and energizing Speed Networking component for participants to practice and get confident with introductions.

Setting the Stage for Networking

Invite Teresa to initiate networking amongst attendees with opening remarks at your next event.

Teresa Thomas
Minneapolis, Minnesota
www.Teresa-Thomas.com

For Booking Information:
612-990-7815
manager@teresa-thomas.com

RAVE
REVIEWS

"I attended a University of Minnesota student-alumni event where Teresa gave an engaging, informative and practical presentation on the value of networking. Teresa has great presence and a high level of professional competency that allows her to connect with her audience. Couple this with great content and we had a wonderful afternoon. Well done!"

MICHAEL HAWTON
Vice President
Trig Life Services

"You masterfully facilitated a networking activity with over 250 business professionals at the start of the event. The electricity and energy in the room was amazing. Clearly many relationships were formed from some of the connections made at the event. You were able to encourage conversations and introductions that wouldn't have taken place were it not for your networking activity. We greatly appreciated your contributions."

PATTY SAGERT
Campus Director
Rasmussen College

"Such spot-on advice at the student/alumni keynote and facilitated mixer. The info was so rich and your tone was great. You really gave incredibly useful information. I kept thinking about how I wish I had learned these things earlier in life!"

LISA VENTICINQUE
Photographer

An Inspired Connector

"My sense of purpose is derived from helping people connect to each other, their goals and aspirations in a meaningful way."

About Teresa

Teresa Thomas shares her passion for creating energizing connections through networking events, workshops, speaking and writing.

In 2007, Teresa took on the leadership of MN Women In Networking (WIN) to provide welcoming networking and professional development events for entrepreneurial women in business to lift each other up for success.

While Teresa has been a professional connector for over 18 years, she is shy at heart. She enjoys sharing the out-of-the-box insights she has learned throughout her life to help others to effectively network with confidence. Many of these tips are included in her recently released networking guidebook, "How to Tap into the Power of Win/Win Connections."

Teresa believes networking is really about seeing the interconnectedness between all of us. It is about listening and noticing the ways we can lift each other up.

Education

Dale Carnegie accredited training,
High Impact Presentations
Graduate Courses, *Creative Process for Community Building*, University of Minnesota

Experience

Director, MN Women in Networking (WIN)
Facilitator/Presenter for over 350 events
Consultant, Connection Concierge
Facilitator, WINners Circle Masterminds
Author, *How to Tap Into the Power of Win/Win Connections* Networking Guidebook

Partial List of Clients

3M
College of Liberal Arts, U of M
General Mills
Humphrey School of Public Affairs, U of M
Independent Planners Network
Int'l Association of Administrative Professionals
Larkin Hoffman Law Women's Event
Minnesota Business Women's Conference
Project Management Institute of Minnesota
Rasmussen College
University of Phoenix
Volunteers in Service to America (VISTA)
WomenVenture
+ Numerous Chambers of Commerce, business development and networking groups

