



Teresa Thomas 
SPEAKER & NETWORKING EXPERT

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-to”s, 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 the people in your business or association ready 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 most popular 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-racking — 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 have gone to several networking events and presentations so walked in with a little attitude. I was blown away by you and your ideas. I appreciate your honest, human, and intelligent approach to networking. I left with concrete ideas I can use”.

JANE S KERR
Event Sales Manager

“Teresa made it very fun and interactive while still providing very useful tips. She provided great networking examples from her own experience that made it less intimidating than the usual tips offered. I have been able to put her tips to work to make myself better at networking. She was also very prompt and easy to work with in arranging the presentation.”

Update: “It’s been a couple of years and employees are still talking about and applying what they learned from your talk!”

STACY PEARSON
Project Manager

"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 Operations

I truly enjoyed Teresa's presentation! Building meaningful relationships, being true to ourselves and having passion... all necessary in achievement both personally and professionally."

BETH RUBIN-GABOR
Event Producer

"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

"I've been fortunate to attend many of Teresa's events from small networking gatherings to large conventions. I'm always impressed at her ability to emotionally connect the audience with her message. Her easy style makes networking comfortable."

The trust she builds with the audience creates a helping learning environment. After her talks, I've noticed that attendees approach each other with more ease than when they came into the room."

KATRINA HASE
Designer

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
General Mills
Int'l Association of Administrative Professionals
Larkin Hoffman Law Annual Women's Event
Minnesota Business Women's Conference
MN Women in Psychology
Project Management Institute of Minnesota
Senior Planners Industry Network (SPIN)
+ Numerous Chambers of Commerce, campuses, conferences, business and networking groups

