

THERESA WORTHY

Emotional Intelligence & Inclusive Leadership Speaker, Trainer & Author

I help leaders, teams, and organizations navigate emotional complexity with clarity, empathy, and courage. My lived experiences — including rebuilding after profound personal loss, navigating emotional adversity, and redefining identity later in life — shape the heart-centered, practical approach I bring to every stage and workshop.

As a former French teacher, author, Emotional Intelligence practitioner, and certified Diversity & Inclusion educator through Cornell University, I blend research-based insight with real human storytelling. Whether I'm speaking to executives, HR leaders, educators, healthcare teams, or individuals in transition, my mission is simple: to help people lead themselves and others with strength, empathy, and intention.

Speaking Topics

1 — Forged in Fire: How Adversity Builds Emotional Intelligence

Life's hardest moments become the training ground for courageous, emotionally intelligent leadership

2 — The Empathy Paradox: Protecting High-Empathy Talent

Learn how to support and retain the caring professionals who carry your organization's emotional weight.

3 — The Invisible Labor Of Belonging

Unseen emotional labor often carried by marginalized employees becomes visible, valued, and shared.

4 — Rebuilding After The Role Ends

When roles shift, this keynote helps audiences rediscover purpose and step boldly into their next chapter.

TEDx Speaker

Cornell University Certifications (Diversity & Inclusion, Emotional Intelligence)

Member, National Speakers Association

Author of "Emotional Intelligence: The Underrated Superpower for Professional and Personal Growth"

Contact and Booking

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📍 Based in Atlanta, GA — Available Nationwide & Virtually

