

## EVENT PLANNER BIO — SHORT

*(Use directly on the Event Planner Resources page or for quick promotions | ~75–85 words)*

Theresa Worthy is an emotionally intelligent leadership keynote speaker, TEDx presenter, and author who helps audiences navigate adversity, regulate emotion, and lead with clarity during times of change. Her keynotes combine compelling storytelling with practical, research-backed frameworks that audiences can apply immediately. Theresa speaks to conferences, associations, corporate events, universities, and leadership gatherings, delivering experiences that are engaging, grounded, and highly relevant to today’s workplace challenges.

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## EVENT PLANNER BIO — FULL

*(Use on the page under a “Full Bio” toggle or as supporting copy | ~180–200 words)*

Theresa Worthy is an emotionally intelligent leadership keynote speaker, TEDx presenter, and author whose work helps leaders and organizations navigate adversity, transition, and complexity with clarity and emotional strength. Known for her engaging delivery and practical insight, Theresa blends research-backed emotional intelligence frameworks with lived experience to create keynote experiences that resonate deeply and drive action.

Her keynotes explore how emotion shapes decision-making, identity, empathy, and belonging—particularly during periods of pressure or change. Event planners value Theresa’s ability to move audiences emotionally while equipping them with tools they can use immediately in both professional and personal contexts. Her presentations are thoughtful, relatable, and adaptable, making her a strong fit for diverse audiences and industries.

Theresa is the author of *Emotional Intelligence: The Underrated Superpower for Professional and Personal Triumph*, a Distinguished Toastmaster (DTM), and certified in Emotional Intelligence and Diversity & Inclusion through Cornell University. She is also a SHRM Recertification Provider, allowing organizations to offer professional development credits when applicable. Based in Atlanta, Theresa speaks nationally and virtually.