

TERRI-ANN RICHARDS

SPEAKER KIT



"Terri-Ann spoke to my CEO peer forum - likely one of the hardest audiences in which to speak - and she nailed it. She is honest, her self-awareness is through the roof, and her experience is well beyond her years. Because of Terri-Ann, my group made impressive commitments regarding their businesses and families!

If you're thinking of hiring Terri-Ann and want to talk to someone, I'd be pleased to chat."

STEVE FORAN, MACKAY CEO FORUM CHAIR



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IT'S NICE TO MEET YOU!

Hey there, I'm Terri-Ann!

I believe that to win in today's world, being successful externally is no longer going to cut it. No! To win, it takes an **INSIDE-OUT** approach!

Regardless of who you are, what industry you work in, or how much money you have in the bank, there's one constant that unites us: We all just want to be **HAPPY!**

But what is happiness? What does being successful really mean? And how do you maintain both?

As a keynote speaker, I infuse my infectious optimism and grit into a highly engaging and actionable presentation that will ignite YOU and your team to develop the very skills necessary for lasting achievement and happiness.

In the next few pages, you'll learn a tad more about me and a few of my signature talks, all of which are available virtually and in person.

I would love an opportunity to connect and learn more about you, your organization's needs, and how I can best serve you. Feel free to connect.

Peace, Love, and GRIT

Terri-Ann



ABOUT TERRI-ANN

Terri-Ann Richards is a leadership development coach and trainer, a sought after speaker, an insightful host of the Balanced Perspective Podcast, an event producer, and a published author.

Audiences and clients alike say that Terri-Ann is "real & raw" and that she oozes "grit". She is known for bringing her infectious optimism and resilient attitude into every room she presents to.

Terri-Ann was born and still resides on the East Coast of Canada. She is a survivor of childhood trauma having lost her father at the tender age of five to violence within the family unit. She was raised in a dysfunctional and abusive household, and she found solace in drugs and alcohol as a teenager until she became pregnant at only sixteen years old.

Faced with two roads in front of her, Terri-Ann chose the road less travelled and decided to beat the odds stacked against her, ultimately halting the cycle of chaos and violence.

By the time she was nineteen years old, she was off social assistance, had started her first company, and had bought her first home. Through perseverance and tenacity, Terri-Ann has owned eight companies, spanning several different industries, over the past two decades.

As a presenter, she makes it clear that while her struggles may be unique to her, in the end, they are no different than the struggles each of us faces in our lives. Yet, when met with those two roads, do we lean into our gritty nature with resilience or do we fold, paving the path for more chaos and suffering?



FREQUENTLY ASKED QUESTIONS

Q How long will Terri-Ann speak for?

A Terri-Ann's keynote presentations are typically 35-50 minutes in length. However, she understands that events have unique needs and is willing to work within time confines. If you are looking for longer training, we will discuss and customize a training day that meets your organization's specific objectives.

Q What does Terri-Ann need on the day of the event?

A Terri-Ann is a pretty easygoing speaker to work with and likes to keep things simple. Therefore, on the day of the event, to ensure the success of all involved, she only requests a few key things: A quality microphone (preference is a head mic), a projector/screen, a hand-held clicker to move through slides, and an audience willing to lean into broadening perspectives.

Q Would Terri-Ann be willing to offer a book signing, Q&A, or dinner?

A Absolutely! Terri-Ann is there to serve your audience and your organization. She is more than happy with advance notice to join you out for a meal, do a book signing, or offer a Q&A.



CLIENT TESTIMONIALS



True grit comes to mind when I think about Terri-Ann Richards. Her powerful words moved me on the stage and her story was powerful as she brought us through her trials of life and carried us to a place of discovery.

SHELLEY BUTLER
DOVICO



Terri-Ann was a speaker at my annual conference and I was thoroughly impressed. Her ability to engage the audience and provide actionable insights made her a standout. I can confidently recommend her for any event. She is sure to leave a lasting impression on your audience.

MARK BLACK
LEVEL UP CONFERENCE



Terri-Ann speaks from the heart of her own experience. She has not gotten blinded by failures but has risen with power, kindness, and in the manifestation of creating a world of leaders with equanimity and equality for all. She will speak to your heart and empower all that seek a fair chance to lead to become the dream they want to be.

YVES DOUCET
AUTHOR, I AM A SEED

SIGNATURE TALKS

1. The Paradox of Success:

Why Accomplishments Don't Always Equate to Happiness

What if we've been conditioned to chase the wrong things? What if success was never supposed to bring happiness, and what if that actually works in our favour? In "The Paradox of Success," Terri-Ann shows your people how to lean into joy in the pursuit of achievements through her 3-step process.

- Improved fulfillment and engagement
- Sense of purpose beyond external markers
- Increase in gratitude and overall well-being

2. Staying the Course:

The Importance of Goal-Priority Alignment

Are your people struggling to stay afloat in today's fast-paced and demanding world? Is that weight starting to take its toll on their attitudes, performance, and engagement? In "Staying the Course," Terri-Ann helps your team take a step back and evaluate what truly matters.

- Improved boundaries
- Stronger sense of work/life balance
- Increased fulfilment leading to happier more sustainable life

3. The Resilient Mindset:

Harnessing Grit to Overcome Obstacles and Achieve Success

What if you could grow and thrive through life's chaos and mess? What if stressful events no longer pulled the rug out from under you? In "The Resilient Mindset," Terri-Ann takes the crowd through a journey of finding their own resilience beacon while leaning into her 4-step GRIT process.

- Improve adaptability
- Learn the early warning signs of not coping
- Effectively thrive through change and crisis



SPEAKING FEES

Fees may vary depending on the scope of work, location, timing, etc. Please reach out to discuss how we can meet your needs and work within your budget requirements.

Estimate between \$5K-10K

All fees are exclusive of travel expenses.

Travel Arrangements

All travel is arranged by my team, and invoiced to your organization 7 days prior to the event.

Every effort is made to keep costs low and your investment high. This is why I fly economy.

I live in Atlantic Canada, and flights are comparable to booking from Boston or New York, USA.





4 REASONS YOU'LL WANT TO
WORK WITH TERRI-ANN

SHE'S GOT THE EXPERIENCE AND THE BACKGROUND TO BACK HER UP.

Terri-Ann doesn't just talk the talk, she has walked the walk. She is incredibly real with her audience and gives examples from her own life to bring home the message she is sharing.

SHE'S UBER RELATABLE AND LIVES FOR THE FUN!

Terri-Ann loves fun! Her goal in every single presentation is to drive home the point and yet still have the audience engaged and having a blast! Don't believe me? Hire her-you'll see!

SHE'S NOT GOING TO BE A STRANGER.

Terri-Ann wants to ensure the success of your event. So if you need her for Q&A, extra videos, podcast interviews, or simply to interact with the audience after the event, she's your girl!

SHE'S FOCUSED ON YOUR EVENT SUCCESS BEYOND THE STAGE.

Terri-Ann understands that the value of her talks comes AFTER the stage, in the actions audience members take in achieving their next step. She goes above and beyond to ensure this comes true!