

Theresa Vermillion

Educate ~ Empower ~ Entertain



People want information that is meaningful and useful. Theresa understands this and every presentation she delivers is informative, fun, and empowering.

Her knowledge and experience as a teacher, speaker, and coach make her a natural in front of a room full of people. Theresa knows how to engage the audience and create an uplifting experience.

Theresa is the creator and owner of Lighter Life Coach where she works to end the diet drama and and struggle with overwhelm by guiding women to a lighter body and a lighter life.



Speaking Topics:

Elevate Your Energy

Elevate Your Energy delivers impact and entertainment. Understanding our energetic abilities is critical for getting what you want in life. Theresa explains what our energetic abilities are and the important role they have in our mental-emotional state. Theresa incorporates examples and practice for a fun and empowering presentation. The audience leaves with activities to use right away so they can create a higher energy in all areas of life so they can live empowered, lighter life.

The Lighter Life Process

This presentation explains the Lighter Life Process and how it empowers you. Theresa guides the audience through the five stage process with interaction and activities that engage the audience so they understand the the stages and become aware they can live an empowered, lighter life.

Experience:

- ~ Podcast Guest ~ Graduating Grief, Coffee with T, and others
- ~ Networking Host - Beautiful Faces Going Places - Virtual
- ~ Focus On The Good- Virtual
- ~ Influencer Community Breakout Speaker
- ~ H7 Network Masterclass Presenter
- ~ Raise Your Vibration Night with Juice Plus
- ~ H7 Evolve Women's Networking Mentor Speaker
- ~ Womens Wellness Luncheons - Mason Community Center

" Theresa is such a fantastic and inspiring speaker. She has so much passion about the topics she speaks on and you can feel it when you're listening. She has such a positive effect on the crowd she is speaking to that you leave feeling so motivated and positive. She gets the audience engaged and keeps their attention throughout. Plus everything she talks about is so relatable."

~ Dr. Kristen Z.

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