

Theresa Vermillion

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Educate ~ Empower ~ Entertain

"[People] may forget what you [say] - but they will [always remember] how you [make] them feel." - Carl W. Buehner

Keeping this idea in mind, Theresa designs every presentation to be informative, empowering and fun.

Connecting to emotions is the focus of Theresa's work.

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, interactive experience.

Theresa is the creator and owner of Lighter Life Coach where clients are empowered to get results and create a life that is calm, accomplished, and fun!

Because the power of coaching is best experienced, Theresa includes opportunity for participants to be coached during her workshops whenever possible.



Workshop / Presentation Topics:

Learn To GLO

An excellent introduction to creating a lighter life, Theresa teaches a simple three-step process on how to improve any situation. The three steps spell GLO; G-Get Clear (about the problem); L- Look (for the thought about the problem); O - Overturn (the thought).

Because we get what we focus on, there is GLO II where Theresa the process focuses on the result, not the problem.

Body Confident

Diet Culture encourages a woman to have a toxic relationship with her body because emotions are rarely addressed. This workshop breaks down the narrative and teaches clear, specific tools to navigate the emotional journey of health and weight loss. Participants learn to disrupt Diet Culture and develop a better relationship with themselves and their body.

The Woo WHO of You!

Most people understand that personal growth is about a journey within that creates your best life. Yet, many do not have a roadmap for the journey. The process is less about how and what and is really about WHO you are being, and WHO you are becoming. This workshop guides participants on a journey to the emotions that activate their inner limitless power so they can access the *WHO with the results they desire*. Theresa teaches the simple W H O process; W- What is the outcome/goal you want? H- How will it feel having that outcome? O- Optimize that feeling to access the WHO that already has the result.

Experience:

- Featured Speaker; Evolve Women's Group; January 2025
- Body Mind Spirit Expo; April 2024
- Featured Speaker; Evolve Women's Group; March 2024
- Live Light Workshops; "Learn to GLO!" Ongoing since August 2023
- "Body Confidence" January 2025 and ongoing
- Empty Nest Program - St. Susanna October, 2024
- Pecha Kucha , April 2024
- Lunch N Learn, Beautiful Faces Going Places, October 2024
- Rewrite Your Story; Featured Speaker, November 2023
- Vision 2 Success Women's Retreat, Naples, Florida, Beautiful Faces Going Places, Sept. 2023
- Women's Success Summit, Speaker, Beautiful Faces Going Places, November 2022
- Lunch N Learn Panel Speaker, Beautiful Faces Going Places, August 2022
- Featured Speaker, Evolve, August 2022
- Podcast Guest ~ Graduating Grief, Coffee with T, and many more
- Networking Host - Beautiful Faces Going Places - Virtual
- Focus On The Good- Virtual
- Influencer Community Breakout Speaker

Awards:

Cincy Chic ~ Best Life Coach ~ Winner 2024

Cincy Chic ~ Best Life Coach ~ Finalist 2023



References:

Carol Dockum

Founder and CEO of Beautiful Faces Going Places

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Angel Hicks

Founder of Evolve Women's Network

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Testimonials:

I was truly touched by Theresa's presentation at our Vision 2 Success retreat. Her words went beyond just reaching my ears; they touched my heart. I felt a genuine connection as she spoke, and it left a lasting impact. Her ability to convey emotions and create a meaningful bond with her audience is truly commendable. It was an experience I won't forget.

~ Jasna D

Theresa has a bright presence on stage. Her tagline, "It's Not About the Cupcake!" serves as a powerful reminder that the emotion behind the action is key. She encourages self-discovery, emphasizing that the answers are within you, reinforcing a message of inner strength and personal growth. So many quotes for self-reflection from listening to Theresa. She is a positive light.

~ Laura Z

Theresa's coaching and speaking have been transformative for me. Her insightful guidance and motivational talks have empowered me to navigate life's challenges with newfound confidence and clarity. I highly recommend Theresa to anyone seeking positive change and personal growth."

Amy Ostigny

I am thrilled to share a glowing recommendation for Theresa Vermillion, the extraordinary Lighter Life Coach. Having booked Theresa as a Speaker at our Vision2Success2023 Retreat, I can attest that she not only talks the talk but walks the walk. Theresa is a dynamic, authentic speaker who connects, inspires and moves her audience on a deeper level.

What sets Theresa apart is her unwavering commitment to guiding women towards living an authentic, empowering "Lighter Life" emotionally and physically. If you're seeking a speaker who can ignite transformation, inspire change, and leave a lasting impact with your audience, I wholeheartedly recommend, Lighter Life Coach, Theresa Vermillion. It's Not About the Cupcake.

- Carol Dockum, CEO & Founder,
Beautiful Faces Going Places -
Women's Success Network

Theresa shares valuable information. This is definitely time well spent.

Michelle Phelps

I recently had the pleasure of seeing Theresa Vermilion in action as a Life Coach. Her mantra, "Challenge, Choice, Change," reflects her structured yet engaging method.

She has great insight explaining "It's not about what you do but #why you do it,"

Her emphasis of conveying the importance of understanding motivations in a practical way was a lightbulb 💡 moment for me & I think many in the room.

Just like her name suggests "It's Not About The Cupcake!", Her sessions are a blend of wisdom, & fun with genuine insight, making her an exceptional choice for guiding the journey of personal development.

I wholeheartedly recommend Theresa Vermilion Lighter Life Coach, for anyone looking to explore a deeper understanding of themselves, and motivations in life. Promising not only transformative outcomes, but also those enlightening aha moments that truly change perspectives. ✨

Jamie Speigel ~ Serial Entrepreneur

" Theresa is 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.

Theresa is one of the most inspiring coaches I know. She is passionate and she inspired me to be better myself in personal life and relationship. Her wise advice and motivational talks have given me the confidence and clarity to face life's challenges. I wholeheartedly recommend Theresa to anyone looking for positive change and personal growth. Grateful for her impact!
Tracy Pham