

TERRI-ANN RICHARDS

Using challenges as
the catalyst for growth



"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!

To win in today's world, being successful externally will no longer 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, one constant unites us: We all 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 skills necessary for lasting achievement and happiness.

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

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

Peace, Love, and GRIT

Terri-Ann



ABOUT TERRI-ANN

Terri-Ann Richards isn't your typical leadership development coach and speaker. With over two decades of diverse industry experience and a remarkable journey of personal triumph, Terri-Ann brings a unique blend of expertise, authenticity, and resilience to every stage she graces.

A Journey of Grit and Resilience

Born and raised on the East Coast of Canada, Terri-Ann faced early adversity, losing her father to violence within the family when she was just five years old. Raised in a dysfunctional and abusive household, she navigated through the challenges of teenage pregnancy and substance abuse, ultimately choosing a path of resilience and determination.

By nineteen, Terri-Ann had defied the odds, overcoming adversity to become a successful entrepreneur, homeowner, and provider for her family. Her journey from struggle to success serves as a powerful reminder of the human capacity for resilience and transformation.

A Relatable and Authentic Style

Terri-Ann's relatable and authentic style has made her a beloved figure among corporate, conference, association, and school audiences alike. With a potent storytelling ability, Terri-Ann gifts audiences with the ability to feel seen through her stories, creating a deep connection that resonates long after her keynote ends.

Backed by Data and Science, Infused with Stories

Terri-Ann's keynotes are a masterful blend of data-backed insights and compelling narratives. Situated at the intersections of emotional intelligence, authenticity, and grit, her presentations inspire audiences to make profound changes that ripple through companies, families, individuals, and communities.

Overcoming Setbacks to Find Happiness

Terri-Ann's own experiences with burnout, business failure, bankruptcy, and divorce serve as a testament to her resilience and ability to stand back up with new learnings. Through her teachings, she empowers others to find happiness despite life's setbacks, leaning into their innate gifts and cultivating human skills that catapult growth.

Empowering Organizations to Thrive

Whether delivering keynote speeches, facilitating training sessions, or producing impactful events, Terri-Ann's mission is clear: to empower individuals and organizations to reach their full potential. With a perfect blend of expertise, passion, and vibrancy, Terri-Ann Richards is not just a speaker — she's a catalyst for positive change.

FREQUENTLY ASKED QUESTIONS

Q How long will Terri-Ann speak for?

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 want more extended 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?

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.
- An audience who is willing to lean into broadening perspectives.

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

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

Q Does Terri-Ann offer other services besides keynote presentations?

Yes, Terri-Ann has the ability to offer workshop style training as an add on to further immerse your audiences learning. She can also share her expertise via panel discussions, Q&A sessions, and/or fireside chats.

Q Can we record Terri-Ann's presentation?

Recording Terri-Ann's training or keynote's are not permitted without prior written consent. If you would like to record her, please consult with us in advance so we can make the appropriate arrangements. A licensing fee may apply, depending on the desired use of the content.

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

OTHER ATTENDEES COMMENTS

“It was one of the best sessions I have attended in my ten years in the ECE field. I loved it”

“It pulls at your heartstrings and then puts it all back together. Great session”

“Very powerful session! I loved every moment of it. I really connected with putting your worries and stress down and not thinking about them and then just crashing, I’ve been working on that myself. I was so thankful that you were able to come today and I would love to hear even more session with you.”

SIGNATURE TALKS

1. The Courage to Succeed: Embracing the Journey to Happiness

Terri-Ann Richards challenges conventional notions of success, revealing the paradox that true fulfillment isn't found in external achievements alone. Through engaging storytelling and practical insights, Terri-Ann empowers audiences to prioritize happiness on their journey to success. Ideal for newcomer conferences, colleges, and schools, this transformative talk inspires authentic and resilient pursuit of personal and professional goals.

Key Takeaways:

- Understand the relationship between success and happiness
- Embrace the journey of growth and self-discovery
- Cultivate resilience and authenticity in pursuit of goals

2. Bouncing Forward: Cultivating Resilience

Terri-Ann Richards offers a transformative approach to resilience in the face of life's chaos. With well over 50% of us experiencing overwhelming stress and organizations facing increased turnover, her B.R.A.T framework empowers audiences to bounce forward with momentum and learned lessons. Essential for thriving in today's fast-paced world, this talk equips individuals and organizations to embrace adversity as opportunities for growth and empowerment.

Key Takeaways:

- Understand and navigate life's inevitable challenges
- Learn the B.R.A.T framework for resilience
- Transform adversity into opportunities for growth



SIGNATURE TALKS

3. Shattering the Balance Myth: Finding Your Fulfillment Formula

Terri-Ann Richards challenges the elusive notion of work-life balance, presenting a keynote backed by science, research, and her own experiences. Through captivating storytelling and actionable insights, Terri-Ann introduces her T.H.R.I.V.E framework – a pathway to shattering illusions and prioritizing well-being. Ideal for industries experiencing stress and burnout, this keynote empowers individuals to embrace the concept of work-life synergy on the pathway to enjoy fulfillment in all aspects of life.

Key Takeaways:

- Understand the illusion of work-life balance
- Explore the T.H.R.I.V.E framework for finding fulfillment
- Prioritize well-being and embrace a proactive approach

4. Aligning Priorities: Unleashing the Power of G.R.I.T

Terri-Ann Richards reveals the missing ingredient to goal achievement: GRIT. In this dynamic keynote, Terri-Ann introduces her G.R.I.T formula – a pathway to aligning priorities, values, and self-awareness with goal choices. Ideal for sales teams and growth-oriented individuals, this talk empowers audience members to confidently prioritize their goals for a more fulfilled life.

Key Takeaways:

- Understand the importance of goal priority alignment
- Learn Terri-Ann's G.R.I.T formula for success
- Empower yourself to make goal choices aligned with your values



SPEAKING FEES

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

All fees are exclusive of travel expenses.

Travel Arrangements

All travel is arranged by my team and invoiced to your organization 7 days before 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

REAL-WORLD EXPERIENCE AND AUTHENTICITY

Terri-Ann doesn't just deliver presentations—she brings her wealth of real-world experience to every stage. With over two decades of diverse industry experience and a journey marked by resilience and success, Terri-Ann's authenticity shines through as she shares relatable examples from her own life. Audiences connect deeply with her genuine approach, making her messages resonate long after the event.

ENGAGING AND MEMORABLE PRESENTATIONS

Terri-Ann doesn't just aim to inform; she aims to entertain and engage. With her infectious enthusiasm and love for fun, every presentation becomes an unforgettable experience. Terri-Ann ensures that while delivering valuable insights and knowledge, she keeps the audience fully engaged and entertained, leaving them energized and eager for more.

ACCESSIBLE AND SUPPORTIVE

Terri-Ann is more than just a speaker; she's a partner in the success of your event. From being available for Q&A sessions to participating in extra activities like interviews or audience interactions, Terri-Ann goes the extra mile to ensure your event's success. Meeting planners and event organizers can count on her accessibility and willingness to collaborate to make their event a hit.

COMMITMENT TO LONG-TERM IMPACT

Terri-Ann understands that the true value of her talks extends beyond the stage. She's dedicated to ensuring that audience members don't just leave inspired but also equipped with actionable strategies to achieve their next steps. By focusing on the post-event impact, Terri-Ann ensures that her presentations catalyze real change and contribute to the long-term success of your event.