



Teresa Lodato



ELITE TRANSFORMATION COACH

Named one of the top 20 Co-Active Coaches by the Coach Foundation, Success without Stress expert Teresa Lodato is an elite transformation coach, author, speaker, and facilitator helping high-achieving, action-taking women effectively integrate science and spirituality for powerful results. After a rare and serious stress-induced illness ended her 20+ year career in financial services, Teresa studied psychology in graduate school and later obtained advanced certifications in neuroscience and relational trauma. Known as a “powerhouse for personal transformation,” Teresa integrates both structure and freedom to help individuals thrive in their personal and professional lives.

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AS SEEN IN

Newsweek

verywellmind

PsychCentral

yahoo!

SUGGESTED INTRO

Teresa understands that being successful in life doesn't always equate to feeling fulfilled. It's not merely about stress management. It's about unlocking the path to freedom and fulfillment as your truest self. Whether navigating your personal life or excelling in your professional space, Teresa's vast knowledge and experience can help you access your inherent strengths and abilities — and embrace your highest purpose. It's time to uplevel your life and unlock a world where your full capabilities and ideal life aren't just something you dream about — they're the reality of your everyday existence. Break free from the overwhelm of stress and feeling that something is missing. Embody a future that is overflowing with resilience, empowerment, and peak performance.

SIGNATURE TOPIC

How to Go from Stress to Success ... Without Quitting Your Job and Giving Up Everything You Love

FREE GUIDE



A WOMAN'S GUIDE TO CALLING HER OWN SHOTS ON HER OWN TERMS

SUGGESTED QUESTIONS

- ✓ Why is it important to know your stress type?
- ✓ How do the 7 keys from your upcoming book, *Becoming Charmed*, help you live a life you love?
- ✓ What is the most important key to master and why?
- ✓ Why is learning to trust yourself such an important key?
- ✓ Why is it important to create structure and flow to live a life you love?

FUN FACTS

- ✓ While a US Navy Signalman on a civilian oiler, Teresa engaged other Signalman sailors in conversation and humor as ships were refueled.
- ✓ Teresa is a lifelong competitive equestrian.
- ✓ Teresa has a passion for animal-assisted therapy and longs to build a holistic wellness center to bring rescued animals and humans together for mutual healing and companionship.