



Teresa Lodato



ELITE TRANSFORMATION COACH

As an elite transformation coach, author and speaker, Teresa has become synonymous with achieving success without stress and is a beacon for high-achieving women, bridging the realms of science and spirituality for profound results. Her journey is an inspiring one: pivoting from a two-decade-long financial services career halted by a rare and severe stress-induced illness, she immersed herself in graduate level psychology, further deepening her knowledge with certifications in neuroscience and relational trauma coaching. Teresa brings a comprehensive, holistic approach to personal growth for all who are seeking guidance to better connect with your inner self and harness innate potential. Teresa's vast expertise offers a roadmap and ability to create lasting change for profound results.

AS SEEN IN



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

Step Into HER Power

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 learnings from your upcoming book, *Step Into HER Power* help you live a life you love?
- ✓ What is the most important way a high-achieving woman can step into her power?
- ✓ Why is learning to trust yourself such an important part of the journey?
- ✓ 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.