SPEAKER

# Teresa Lodato

Executive Advisor

TEDx Speaker · Author · U.S. Navy Veteran

CPCC · PCC · CNTC · CRTC



## Under pressure, leaders do not lose their capability. They lose access to it.

Your leaders have been trained. They know what good leadership looks like. Then a deadline moves, a key person resigns, and the clear thinking they had that morning gets harder to reach. Teresa shows leaders what is happening inside them when pressure rises, and gives them a practical way back to their best judgment in the moments that count.

### SPEAKING PROGRAMS

**Keynote**
45 minutes

Why capable leaders lose access to their best thinking under pressure. Teresa tells the story of losing access so completely that a rare stress-induced neurological condition paralyzed half her face, then introduces Reflect, Release, Restore, a practice leaders can use to return to center when it matters most.

**Fireside Chat**
45 to 60 minutes

A TEDx Salon style talk followed by facilitated Q&A. Most leaders have spent years getting better at what they do, yet their best thinking turns unreliable when the stakes rise. Teresa draws on neuroscience and her years in the Navy and on Wall Street to show what is really happening, and why the answer has little to do with more effort.

**Opening or Closing Talk**
12 to 15 minutes

A TEDx-style talk on the variable most leaders never examine: their own internal operating state. Leaders see what they miss before a conversation or decision begins, and what to do about it.

**Workshops**
Half day or full day

Pair any talk with a workshop where leaders put Reflect, Release, Restore into practice and leave with a shared language for leading under pressure. The full day adds deeper application to your organization's real challenges.

Ideal for leadership conferences, executive offsites, manager development programs and HR or L&D events.

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## ABOUT TERESA



Teresa Lodato has spent more than ten years coaching leaders through the moments when pressure tests them most. Over 1,000 leaders have worked with her, from founders and senior executives to the managers who carry their organizations day to day, across automotive, pharmaceutical, manufacturing, technology, enterprise software and financial services. She also delivers leadership development inside Ford dealerships.

Before coaching, she served in the U.S. Navy and spent more than twenty years in financial services, including her role as an Assistant Vice President in Private Banking & Investments at Merrill Lynch. She knows firsthand what high-stakes decisions feel like from the inside.

Teresa is a published author and TEDx speaker. Her forthcoming book, *Leadership Frequency*, is under consideration with major publishers.

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| **10+** | **1,000+** | **Top 2%** | **20+** |
| years coaching leaders | leaders coached | of TEDx talks worldwide | years in financial services |

## ON THE TEDX STAGE

### TEDxGreenhouse Road

Houston, TX · 16,000+ views

The stories we tell ourselves about what other people are thinking, and how those stories shape the way we show up around them.

**youtu.be/R5WAeUbfxrg**

Has also spoken for NAWBO and General Assembly.

### TEDxDe Anza College

Silicon Valley, CA · November 2026

What capable leaders lose under pressure, and how to get it back so they show up as their best selves.

## WHAT HOSTS AND AUDIENCES SAY

*"I was very satisfied with Teresa's speaking ability and knowledge. She is easy to work with and fun! Her content is high quality too. I am a neuroscience nerd and mental health therapist/coach so I appreciated the delivery. The feedback from attendees over the weekend was all super positive and we all walked away with (gold) nuggets! I enjoyed it so much, I made a personal recommendation for her to speak at another NAWBO event!"*

**Lynda B.**
VP of National Programs, National Association of Women Business Owners (NAWBO)

*"Teresa did a phenomenal job with her talk about moving from Stress to Success. Now that I am retired, I thought I wasn't experiencing stress anymore; however now I see ways I am! The sneaky stressors Teresa talks about were a huge takeaway, as were her ideas around the cycles of time (which made so much sense). Really enjoyed her relaxed style and magnetic presence."*

**Catherine D.**
Retired Risk Management Team Lead, Chevron USA

## Bring Teresa to your next event

Contact for fees and availability.

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