

Helping You Clarify
Who You Are & Why You Are

Upon initial interaction with Terikka, one cannot help but feel justified in the conviction that "there is more to my existence than this". Terikka has been sent to show you the Self you were meant to become. Armed with an infectious enthusiasm, a life-affirming message, her flexible coaching style adapts to the evolution of her client's needs. With an arsenal of destiny discovery tools, resources, and interactive exercises that act as inspirational signposts; Terikka is fully equipped to get you moving—and keep you moving—on your unique path to destiny.

Think of her presentations, books, guided journals, coaching sessions, and workshops as a 'reunion-esque" introduction she's strategically facilitating between you, your truest self, and the long-hidden purpose of your life; where one can almost imagine Terikka saying, in soul-relieving assurance, "Welcome, We've been expecting you... It's Time!"

Available for:

- Workshops & Seminars
- General & Breakout Sessions
- Conferences & Keynotes
- Coaching & Consulting

Key Topics:

Understanding How I'm Wired!

Embracing Who You Are by Identifying Your Temperament Blend & How That Impacts Relationships and Vocation

Exploring Your Core

Identifying What Matters Most and How to Re-align Your Life to Reflect Your Core Values

I'm On A Mission

Clarifying What A Mission is Not and Discovering Your True Life's Mission

Self-Study Course:

The 'I AM' Work Self-Study Course
Helping You Discover & Clarify How You
are Wired, what Matters Most to You,
your Mission, Passions, Intrinsic Drivers,
and how They Shape You and Illuminate
your Life's Purpose

Visit us online and discover the many ways of accessing The 'I AM' Work for adults.

<u>Connect:</u>

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Partial List of Clients

Workshops & Presentations:

- California Future Leaders Summer Institute
- · Willing Workers Banquet
- Step-Up Conference
- Women's Empowerment Conference
- Essence of a Woman Conference

What others are saying...

I've recently become reacquainted with this passionate, purpose-driven woman. She and I have been discussing my purpose and I'm excited to recommend her services to anyone else who is seeking focus, direction, and a passion in their lives. If you have a nagging sense that you might be missing your calling or there's more to your life than you're currently experiencing, Terikka can help you uncover what that "more" is.

-Sundee Frazier (Award-Winning Author)

Terikka's presentations are powerful! Anyone who is fortunate enough to be a part of her sessions will feel a sense of "urgency" to reach the next level in life. She has an uncanny way of helping people see the greatness within. She is insightful, witty, and inspiring.

-Micki Clowney, Executive Director (My College Connection Program)

Terikka is truly a messenger of purpose. Her sensitivity, enthusiasm, and obedience to her calling has inspired me to walk a path towards my own destiny that I truly never dared to believe I could undertake. Instead of playing the crutch, the relentless cheerleader, or the calloused drill-sergeant, she has met me where I am. It is her sincere and infectious joy to support and witness the uncovering of that destiny in each of us and I am truly thankful for the gift of "gift opener" that is Terikka.

-Joy Strange, Photographer/Creative



Helping You Clarify Who You Are & Why You Are

Resources available on Amazon







My Vision Board Book:

A Guided Notebook for Visually Clarifying & Capturing What You Really Want

Living with purpose begins with a vision. We must see what we want and where we want to go before, we will take action towards it. The My Vision Board Book was created to help you do just that. Unlike the traditional vision/poster board, your vision board book can travel with you wherever you go and serve as a constant reminder of what you're moving towards.

My Vision Book: A Ragtag Journal for Recording your Dreams, Hopes & Aspirations

This journal is designed for you to capture every thought and idea that gives breath to your life. Many ideas, insights, and epiphanies come to us in raw form and we need to honor them in whatever state they come.

A Conversation with My Children: A Guided Journal for Parents to Share their Heart & Story with their Adult Children

This guided journal will be a place to let your life speak; to leave a living legacy for your children and grandchildren. Your story matters; and no one can share it better than you.

Each session is designed to help participants clarify and deepen their understanding of their wiring, values and life's mission. If we are to be more dynamic and self-aware leaders, we must have a greater sense of who we are and what we value so we can identify and pursue what matters most.

WORKSHOP 1

Uncovering How I'm Wired

This session is specifically designed to facilitate greater self-discovery. When we better understand who we are and how we are wired, we are more equipped and empowered to make life choices that are in alignment with who we are. After taking a personality assessment, participants will gain key insights into their strengths, weaknesses, and tendencies and better understand why they approach and see life the way they do. Participants will also learn how others are wired so they can better navigate relationships based on these new insights. Upon leaving this session, they will have a greater understanding of who they are, their strengths, strategies for offsetting weaknesses, and vocational implications.

WORKSHOP 2

Exploring Your Core

This impacting session will give participants an opportunity to identify what truly matters most to them. Participants will come face-to-face with their core values and intrinsic drivers so they can begin asking themselves some challenging and clarifying questions. They will be invited to examine each area of their lives and assess where re-alignments are needed. As areas in their lives become more strategically aligned, they will begin to experience the inner peace needed to identify and live out their mission.

WORKSHOP 3

I'm On A Mission!

This insightful session will help participants to understand the false assumptions surrounding missions and guide them through a seamless process of discovering the components of their personal mission. Participants will leave this session with a greater clarity of what activities are in line with their personal mission and what may be misaligned pursuits. The aim of this workshop is to get participants clearer on who they are and what matters most so they can begin experiencing a greater sense of alignment in their life pursuits.