A portrait of Tris Thorp, a woman with long, dark, wavy hair, smiling. She is wearing a white blazer over a white top, a gold chain necklace with a circular pendant, and long gold earrings. The background features a brick wall on the left and a wooden structure on the right.

"NOW IS YOUR
TIME TO LIVE MORE
OPENLY AND LOVE
MORE FULLY"

TRIS THORP INTERNATIONAL MEDIA KIT 2020

MEET

Tris Thorp

**INTERNATIONAL BEST-SELLING
AUTHOR, INTEGRATIVE
BREAKTHROUGH COACH,
INFLUENCER, THOUGHT LEADER,
KEYNOTE SPEAKER**

Affectionately known as today's leading expert in the field of emotions, Tris has been sharing the gifts of emotional healing, personal empowerment and mindfulness-based lifestyle practices for over two decades transforming the lives of thousands of people around the world.

Tris embraces a wide array of science-based approaches to help audiences transcend the barriers that keep them from living life to the fullest. Her unique approach reflects her personal experience combined with extensive studies she's completed with some of the world's leading experts in emotional integration, meditation and wellness including Deepak Chopra, Dr. David Simon, and Debbie Ford.

Speaking from both the heart and intellect, Tris uses authentic storytelling to inspire and ignite hope and healing for people who are ready to create a new story – one that honors wholeness and provides a path to living life more openly and loving more fully. What she knows for sure is with the right tools, and a compassionate guide, we can all learn to lead our lives in harmony instead of fear, joy instead of resentment, love instead of pain, and freedom instead of confines.

Through her work as a speaker, coach and author, Tris is committed to helping others on their path to manifesting and experiencing the life they truly want.

“ The sense of joy and fulfillment I get from inspiring and influencing people to heal their past and step into an empowered future is the driving force behind everything I do. ”



TANGIBLE RESULTS

Audiences want more than inspiration. They want a compassionate catalyst who delivers practical tools and wisdom in a meaningful way that takes them from where they are to where they want to be.

“One of the most practical, heartfelt and impactful trainings I’ve ever attended.”



“You’ll experience *healing* in all aspects of your life.”

“Tris Thorp provides the comprehensive blueprint for transcending the blockages of your past and stepping into your best version. For more than two decades, she has immersed herself in a powerful fusion of ancient, time-tested practices and modern, cutting-edge scientific techniques, leading to powerfully transformational results in her own life and her audience’s lives.”

Davidji

Public Speaker, Radio Host & Best-Selling Author of Secrets of Meditation



“You will be brought safely back to a sense of *wholeness*.”

“I’ve known Tris for a long time. She is so dedicated to enhancing peace and harmony and laughter and love. Tris basically cares about one thing and that is serving humanity and awakening wholeness. I am confident that she understands the deep challenges that people with emotional distress experience, and I trust that she will guide them safely back to wholeness.”

Dr. David Simon

Co-Founder, Chopra Center for Wellbeing



“You will learn practical tools for your highest *wellbeing* in life and business.”

“Tris’s ability to create awareness and an authentic practice in the emotional integration work is transformative; crossing aspects of lifestyle, leadership and longevity. It is the area in life and business where so many get stuck. The practical application will be refreshing to many, creating the tools for highest wellbeing.”

Susan Leger Ferraro

Chief Inspirational Officer and Humanitarian

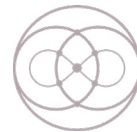


“You will further your own sense of personal *empowerment and freedom*.”

“Tris is an influential and inspiring facilitator in the field of personal growth and spirituality. Her in-depth knowledge and experience in the realm of emotional healing and personal development work enable her to lovingly guide students on their journey to personal empowerment and freedom.”

Danielle Mika Nagel

Yogini



BOOKING TRIS AS A KEYNOTE SPEAKER

"One of the most passionate, heartfelt, and inspiring keynotes I've ever heard. Tris speaks candidly about her journey from childhood abuse, neglect and abandonment to becoming one of the most highly respected, powerhouse leaders in the field of emotional intelligence and personal empowerment. Rarely has there been someone who connects with an audience at the level of heart and soul in the way she does. If that's not enough, Tris also shares relevant, practical, real-world techniques for her audience to use in their own lives."

To see Tris in her essence,  watch here:

To book Tris for a speaking engagement,
please email **pr@tristhorp.com**

CONFERENCE AND SPEAKING KEYNOTE TOPICS INCLUDE:

Cultivating Emotional Intelligence

This keynote teaches audiences that our emotions are the #1 thing that can (and will) derail us on our path and the importance of understanding the components that make up who we are today. Tris guides the audience through a relevant and relatable journey covering the phases of emotional imprinting and how our experiences create the story that becomes our reality.

*Note: This keynote can be tailored to any context that is right for your audience.

*Great as a standalone keynote and better when combined with Navigating Emotions in the Now.

Key Take Aways

- ▶ Understand how past experiences have shaped who you are today
- ▶ Learn how to shift the old story and begin creating a new, empowered future
- ▶ Increase self-awareness and deepen the connection with your Self
- ▶ Improve your relationships by better understanding who you are

Navigating Emotions in the Now

This keynote teaches audiences how our basic human needs are derived from our emotions and the detrimental effects of avoiding emotional upset. Tris guides the audience through simple exercises to identify current behavior patterns for how they avoid emotional distress, thus creating baggage.

*Note: This keynote can be tailored to any context that is right for your audience.

*Great as a standalone keynote or a follow-up to Cultivating Emotional Intelligence

Key Take Aways

- ▶ Learn how to identify your core human needs and form new methods for getting your needs met
- ▶ Learn to gain control of your emotional states so you can make calm, centered and balanced choices in the moment
- ▶ Develop the skills to take back control of your energy, mindset and emotions
- ▶ Share these tools with your spouse, children, friends and in the workplace to improve interpersonal relationships across the board



CONFERENCE AND SPEAKING KEYNOTE TOPICS INCLUDE:

The Art of Conscious Communication

This keynote addresses Conscious Communication as the basis for any healthy, sound and empowered relationship - personally and professionally. This guides the audience through a specific step-by-step process for designing and delivering Conscious Communication in all areas of your life.

*Note: This keynote can be tailored to any context that is right for your audience.

*Great as a standalone keynote and better when combined with Navigating Emotions in the Now and/or Setting and Enforcing Healthy Boundaries.

Key Take Aways

- ▶ Learn how to step back from conflict and assess the situation prior to responding
- ▶ Identify your emotional triggers and needs to better understand yourself and communicate your needs to others
- ▶ Master your delivery and increase positive potential outcomes
- ▶ Learn how to become more impactful in your day-to-day interactions + improve overall quality of your most valued relationships



Setting and Enforcing Healthy Boundaries

This keynote teaches audiences what boundaries are, why it's important to understand your boundaries, and how to communicate them clearly from the heart, creating a win-win situation for yourself and others. This guides the audience through a 3-step process for how to identify your boundaries, how to communicate them to others in a way that influences buy-in, and what to do when a boundary is crossed.

*Note: This keynote can be tailored to any context that is right for your audience.

*Great as a standalone keynote or a follow-up to The Art of Conscious Communication.

Key Take Aways

- ▶ Learn to identify what works for you and what doesn't (your boundaries)
- ▶ Understand the importance of - and put into practice - setting boundaries at the beginning of new relationships
- ▶ Learn how to introduce boundaries to the people who tend to give the most pushback
- ▶ Develop a clear understanding of how to set and enforce healthy boundaries, including what to do when a threshold boundary is violated

CONFERENCE AND SPEAKING KEYNOTE TOPICS INCLUDE:

How to Find Your Purpose; What Your Values Can Teach You

This keynote teaches audiences how to discover who they are at the deepest level, and to tangibly piece together their values from each area of their life to ultimately live their life's purpose. Your values determine how you spend your time and how you later evaluate the time you have spent. Tris shares her inside secrets reserved for exclusive clientele on how to live each area of your life in alignment with who you are and what is most important to you.

*Note: This keynote can be tailored to any context that is right for your audience.

*Great as a standalone keynote or as a pre-cursor to The Art of Conscious Communication and/or Setting and Enforcing Healthy Boundaries

Key Take Aways

- ▶ Learn how to elicit your own values, why they're important to you at the subconscious level, and how to know when they're being fulfilled
- ▶ Learn how your values hierarchy dictates the order of importance you will do things in
- ▶ Master the utilization of your values to enhance your relationships, in the onboarding process and in critical decision-making
- ▶ Know who you are at the deepest level, what makes you tick and how to live your life's highest purpose

The Heart of Forgiveness

This keynote teaches audiences the importance of forgiveness as a means of healing from past painful experiences and the valuable lessons and wisdom available to us on the other side of forgiveness. Tris guides the audience through a 2-part process for forgiving others and forgiving of oneself.

*Great as a standalone keynote or a follow-up to Cultivating Emotional Intelligence and/or Navigating Emotions in the Now.

Key Take Aways

- ▶ Understand how un-forgiveness holds your energy, mindset, emotions and neurology in a perpetual state of conflict
- ▶ Forgiveness is not about letting the other person off the hook, it's about healing yourself from within so you can be free of the past
- ▶ Learn a process for forgiving another person and a slightly different process for self-forgiveness
- ▶ Experience a sense of freedom from the past and inspiration to live more openly and love more fully



If you have another topic in mind for your audience, please contact pr@tristhorp.com to discuss your individual needs.

REASONS TO BOOK TRIS



"TRANSFORMATIONAL EXPERIENCE"

Tris knows how to inspire and motivate audiences to take inventory of where they are currently and how to use the tools she shares to move toward the life they envision.



"RELATABLE & COMPASSIONATE"

Tris makes every person she interacts with (on stage and off) feel special and appreciated. She shares openly about her life experience which instantly makes people feel at ease and safe in exploring the deepest parts of themselves.



"ACTIONABLE SCIENCE-BASED TOOLS & PRACTICES"

People want instant results and Tris has a way of sharing proven tools that offer positive change on the spot. Participants leave knowing these tools work and feel empowered in using them long after the event has ended.



"PROFESSIONAL & EXPERIENCED"

Tris is a pleasure to work with and recognizes the numerous elements that make an event successful. Hosting many events through The Empowerment Partnership, Tris gets it and can handle the demands of live events and workshops.

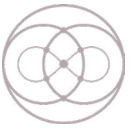


"AUTHENTIC & ENGAGING"

Using her personal story and sharing authentically with audiences, Tris is able to engage others in opening their hearts and letting go of what no longer serves them in the present.

* Working as a keynote speaker, trainer and workshop facilitator for over two decades, Tris has access to an engaged database of 125,000 people.

INTERVIEWING TRIS



FOR SPEAKING ENGAGEMENTS AND MEDIA OPPORTUNITIES

Tris has been featured across many media channels, podcasts, shows, interviews and online summits. Tris absolutely loves connecting, sharing and giving away value to new audiences. Her PR team receives daily requests for interviews, so in order to help us determine if this is an ideal fit, please send:

- ▶ The content and topic you would like Tris to talk about
- ▶ Who your audience is
- ▶ How you will promote this interview
- ▶ Your social media following and reach
- ▶ List size and how often promotions will be sent out
- ▶ Your time zone and link to your scheduler
- ▶ Your contact info, including telephone number and Zoom link
- ▶ The type of interview: written, verbal, audio or video
- ▶ The length of the interview
- ▶ When the interview will be featured



Please note: Due to high demand and Tris' busy schedule, our PR team will prioritize interviews based on high impact and broad reach, and cannot guarantee an interview. Our PR team will contact you to confirm whether your interview has been accepted.

For media opportunities and speaking engagements,
please email: pr@tristhorp.com

My Mission:

"To heal the hearts and souls of humanity and empower people to live a meaningful, purpose-based life."



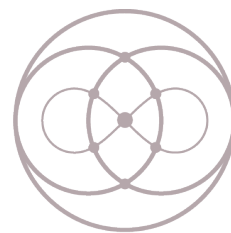
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@tristhorp



Tris Thorp



TRIS THORP

COACH | AUTHOR | SPEAKER