



“
*Cultivating emotional intelligence
invites us to
live more openly and love more fully*
”

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.



[PLAY HERE](#)

Affectionately known as one of today's leading experts in the field of emotions...

Tris has been sharing the gifts of emotional healing, meditation and mindfulness-based lifestyle practices for over a decade transforming the lives of thousands of people around the world. Her unique approach reflects her personal experience combined with extensive studies she's completed with some of the world's leading teachers in the fields of emotional integration, meditation and wellness including Deepak Chopra, Dr. David Simon, and Debbie Ford.

Inspirational speaker, Integrative Breakthrough Coach, International bestselling author and recognized leader in the field of emotional integration and meditation, Tris embraces a wide array of science-based approaches to help audiences transcend the barriers that keep them from living life to the fullest.



“Healing Your Heart is a must read if you are ready and willing to do the work required to gain an intimate look at how emotions shape your personal experience, so you can heal your past and live your best life”

- Deepak Chopra



Hi, I'm Tris

Speaking from the heart rather than intellect, I use 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 I know for sure is with the right tools, and having a compassionate guide, we can lead our lives in harmony instead of fear, joy instead of resentment, love instead of pain, and freedom instead of servitude.

Tris' exceptional reputation as a workshop facilitator and keynote speaker rests upon her unique ability to explore the vast realm of emotions with a tremendous amount of compassion, empathy, warmth and humor. She inspires with storytelling and ignites change by offering actionable tools with audiences and workshop attendees alike.



5 REASONS TO BOOK TRIS THORP:

1 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.

2 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.

3 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.

4 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.

5 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 a decade, Tris has access to an engaged database of 125,000 people.

WORKSHOPS & KEYNOTE TOPICS

Healing Your Heart: Rewrite Your Story with Awareness and Intention

During this intensive three-day invocation, Tris leads participants through a proprietary process to heal the heart through uncovering and assimilating shadow aspects, demonstrating insightful practices for a deeper connection to mind, body, spirit, and emotions. Tris works with participants using these newly learned tools in the present moment.

Cultivating Emotional Intelligence in a Tech Driven World

During this two-day interactive workshop, participants will fully understand what they feel, why they feel it and how their emotions became embedded in their present story. Using powerful and science-based techniques, participants will release stored emotions, thoughts, beliefs and patterns that no longer serve them. Guided through this process of cultivating emotional intelligence, participants will leave this workshop equipped with a wide variety of practical tools to navigate life's most difficult situations and communicate with others in a positive and empowered way that gets their deepest needs met.

From Surviving to Thriving: Leaning In, Letting Go and Loving Fully

During this uplifting and experiential keynote, Tris shares her personal story of healing and how she went from barely getting by to living the life of her dreams. She imparts the process she underwent and guides participants through a series of practices that transforms lives - from letting go of negative self-talk and limiting beliefs, to releasing emotional pain from the past and building the skills and methods to live more openly and love more fully. Audience members walk away with practical tools they can implement immediately to live life intentionally and on purpose.



**CONTACT TRIS TO SPEAK
AT YOUR NEXT EVENT**

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