

**EBOOK BONUS**

**HELPING YOUR FRIEND  
HEAL THROUGH  
THEIR TRAIN WRECK  
(WITHOUT JUMPING IN WITH THEM)**



**TERI WERNER**

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## HELPING YOUR FRIEND HEAL THROUGH THEIR TRAIN WRECK (WITHOUT JUMPING IN WITH THEM!)



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## INTRODUCTION

The word "INTRODUCTION" is centered at the top in a bold, blue, sans-serif font. Below it, there are several horizontal orange lines of varying lengths and positions, some overlapping, creating a decorative graphic element.

You are called to a friend, a loved one, a person for whom you are convinced there is nothing you would not do. Your friend may be experiencing a trauma they call a train wreck - painful and devastating. They mean the world to you. You want to help. Your heart breaks for them. You may be called to speak into their life, you may be anointed to stand with them, even appointed to be there for this time. **You may want to take a deep dive exploring ways for you to bring value and serve your friend at the highest level, as you support them in moving from their train wreck to living in triumph.**

It is important, if not crucial, that you realize and act upon the fact that there are things you *can* do for your friend; just as there are things you *must not* do for them. Many times, with all good intentions and the desperate desire to help your friend while they are in their train wreck, it is likely that, unknowingly, you may do more than necessary, keeping them in their trauma. Your love, concern, and efforts of such will do much for them, just as overreaching can do too much for them. You can become a part of their pain by obstructing their willingness to heal, keeping them in the middle of their train wreck. You have the capacity to step in their way of finding *their* strength from God. In doing so, you may also interrupt other areas of growth that, when pursued, will provide a path to all they desire and much of that which they have missed, possibly for decades in some cases.

That which devastated your friend may be the healing they have so desperately sought after; yet has remained just out of their reach for years. No matter how much

you care for them, a part of their answer will not be found in you nor in your friendship. Now, is their time to seek, even chase after their answers. **The truth is much of that which they seek is usually seeking them.** The answers they find now may be a part of healing from childhood wounds or wounds unhealed from the past. The questions not asked and yet to be answered are available to provide unshakeable insights, and healings to life-changing experiences. The purpose of their train wreck may be found in familiar and painful patterns.

You CAN stand FOR them, WITH them, and BESIDE them. You CANNOT 'Stand IN' FOR them. They absolutely must stand in the place to receive their own healing. They must walk through this time of healing and restoration to move forward to keeping the promises they made to themselves and to a life living their passions. This is their time for a life-changing experience of walking through their Train Wreck to Triumph. It is Their Train Wreck, and it is Their Triumph. This is THEIR time!

## WHAT TO DO



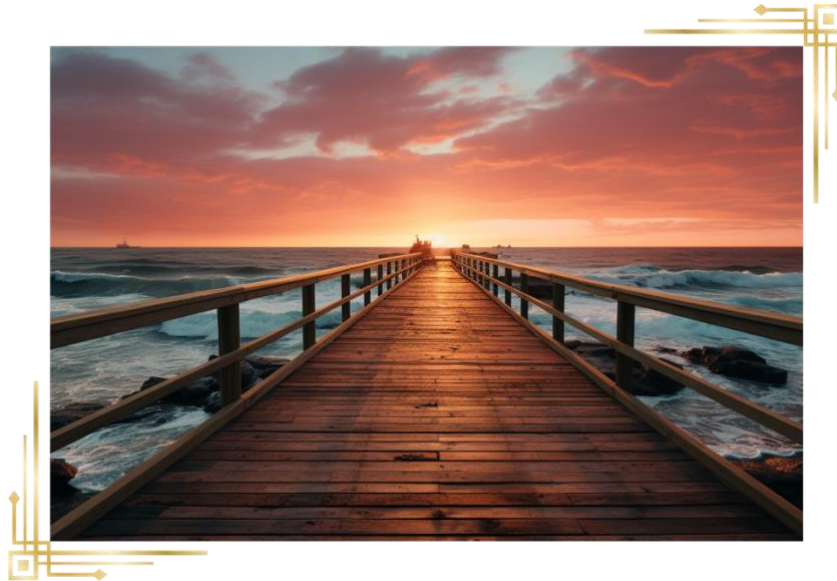
- **Pray** for guidance. Listen. Speak. Act accordingly.
- **Show** your commitment and support by praying for them and speaking blessings over them, when possible, as you also bless them in meaningful and tangible ways. Send them messages - call and speak out words of endorsement of them as a person, not necessarily for that which they may still be experiencing. Encourage them to know that their identity is not based on their train wreck experience; and affirm them in knowing much of their power to heal comes from God and flows even at the point of their most desperate pain.
- **Realize** that your positive spoken word "over" them and about them is powerful. Help them remember that the words they have spoken over their life are profoundly more powerful than the words others have spoken over them and support them in using the power of their words wisely.
- **Strictly keep their confidence.** You may hear repeated stories and more information than you may be interested to know. Honor the fact that they are willing to share.
- **Do not over-tell** your counsel in what to do or become too telecentric in your communications to them. They will hear statements much less than they will hear open-ended questions. (See the **Truth Coaching**™ and other Coaching approaches in "**Train Wreck to Triumph**" Book Coaching Journal.)
- **Be willing** to be a conduit through which they feel the work of God in their life. Do not 'Play God'; in other words, do not step in front of God's work in their life.

Do not try to maneuver or control their journey. God may very well have a plan you are not aware exists.

**Let them know they are heard, known, and loved, and they are not defined by the past experiences of their train wreck. BE the friend who reminds them more of their calling than of their falling.**

- **HEAR** them at your heart level. It is critical they be heard. It is even more important that they FEEL that you hear them. Repeat a paraphrase or summation of their statement of pain, letting them know you are hearing them. You may then say: "tell me more." At times, give them the gift of silence. You may encourage them to speak more about their pain by saying, "Tell me more." The more they talk about the pain, the more the pain becomes real. However, in doing so, they will release space to hear you at a deeper level as their pain is replaced with peace. You are not their therapist, remain their friend only.
- **Accept** them in their time of the train wreck they are going through it- to get TO where they are going. NO MATTER what they say or do, Accept them at their place of pain or awareness.
- **Acknowledge** their train wreck as important and valid, honor their feelings and validate their feelings around their experience.
- **Affirm** your belief in their value and your confidence that they will triumph, regardless of how much pain you see them walk through and allow their pain to remain theirs. Do not remind them of their former (better) times, the distance between where they are and the place they moved from may seem too vast, which has more than likely created a sense of hopelessness. **Remember, they are on**

**a bridge that is supporting them from where they are to where they are going!**



- **Acknowledge** them for their attributes and who they are to you AND for their incredible, undeniable capacity to triumph. **TALK TRIUMPH.** They need to know you honor and admire their areas of strength, as they feel so vulnerable and possibly weak at times.
- **Remind** them to focus on their progress over perfection! After a time of hearing them, gently shift the subject to endorse their qualities, and speak words of hope. Be careful not to be pulled into their personal trauma. Be careful of speaking words of judgment or impatience with their train wreck or the persons for whom they feel were responsible for their pain.
- **BE their friend** - tell them the **TRUTH.** Ask them what their willingness is to speak to or share a few areas that have been highlighted to you. *(It is preferable not to ask a question in a way that can be answered by a yes or no.)* Speaking the truth to them at first may disappoint or offend them; however, choose to be a true friend. Show support, by speaking the truth in love. Ultimately, they will



respect and trust the truth that you offer. If anger is shown at what you say...if it is truth spoken in love, their anger is really with the truth you spoke, not at you personally. Be courageous in knowing you have done your best to speak the truth into their life. Keep communications open.

- **When you ask permission** to be transparent with them regarding the situation or to share an insight, it is important to do the following:
  - Speak the truth in love and BE transparent.
  - Soften the tone of your voice and inflection as it is important when you are sharing the truth in transparency. Do not wait for them to ask you for your support, as you may waste valuable time while they become more and more desperate for answers. They may insist they want to hear from you while not embracing that which you are communicating, they may not want to hear.
- **There are some personalities** not as open to asking for help, (*especially when they really need it*); they feel they are being weak and worry about what you may think of them or that they may be sensitive to hearing advice from others (*as they tend to feel they should be the one giving advice to others*). If they do not ask or respond, give them the gift of your presence and the power of the pause to allow them to process as they choose. In gifting them with a pause or if they indicate a need to process; ask them how and when they prefer to connect regarding a good time to revisit this conversation. Give them space. They are truly in control of their willingness and the way they choose to move forward.
- **BE present to them.** It is important to make a point of removing, silencing, or turning your cell phone off, which will assure them of the importance of the time you have set aside for them and your full intention to hear and be present to them. The efforts they see you make on their behalf will limit their distraction and fragmentation of their mind and heart. Protect this time you have set aside by



advising others who usually text or call you at the time you are scheduled to be with the friend you are supporting, of your unavailability and a better time you can be reached. Maintain a kind facial expression, a warm smile, good eye contact, and space for them to transparently share. Your sense of knowing that healing will take place when they are ready will provide the confidence they will feel as they share. The smallest nugget of wisdom you mention may be a setup for great breakthrough. Be willing to hear the meaning or feeling behind what they say and learn the skills to sense what they are not saying. *(It is a good practice when experiencing this type of sharing to place your right hand over your heart as you listen, maybe touching the necklace or pocket on your shirt as they speak. This will center you in your efforts to hear from your heart.)*

- **Transparency** will create two things: (1) listening to their part of the story because they deeply rave for someone, anyone, to hear them and tell them the truth and (2) it will create a space for them to be transparent with you. The willingness to be transparent is founded on their trust in you. This will build mutual respect and intimacy in your communications and give them a safe place, limiting too much isolation. Their transparency is an honor.
- **Draw healthy boundaries.** It may become important to draw healthy boundaries as they begin the phase of anger to let them know your preference for how they communicate with you. When it feels like they are dumping their anger on you, ask them for a time for you both to discuss better ways to communicate. You may suggest that they may want to talk with a professional more qualified to serve them during this time.
- **Although you are willing** to talk with them as their friend, you are not their therapist and are not standing in for the person they are angry with. You may ask questions such as: "What is your anger really based on?" You may also ask, "How would you prefer we discuss this situation should it come up again?" They may be

going through a time of anger with themselves, rather than others. They may also be experiencing anger triggered by other experiences.

- **You are not to judge** when your friend is ready to talk about something painful or anything they prefer. Again, ask for their permission to speak about something that has occurred to you or a thought that came up. Follow their lead in moving forward to discuss.
- **Do not become offended** when they seem to push you away or choose the voice of others. This is likely to take place. You cannot step into their emotions, mind, and/or spirit to the point of realizing the pain they feel. They may come to a place of needing an outlet that is not immersed in your reasoning, care, or your voice for a period of time.

*Please note: It is important that if they choose, they are released to **temporarily** isolate themselves from certain people or social meetings. They may be served to receive this time of strength from their time in prayer, meditation, worship, Prayer Journaling, and healing studies.*

- **Do not add pressure** on their willingness to engage with many people at one time. Group gatherings are usually more difficult when your friend is 'growing and going' through a painful time of healing. As their friend, do not allow total isolation for more than a few days. Encourage your friend to make the next step of being with another person or a few others once a week or to remain in connection with those they feel comfortable.
- **BE Fun.** Encourage them to laugh. It is preferable that their alone time is balanced with the time spent being with others. Understand that there will be times when your friend truly prefers to be alone, and then at other times, they are comfortable being with others. A lot of healing takes place while enjoying an

evening eating out with several friends, completely belly-laughing and connecting! Some areas of darkness can be laughed out of their body...for a while at least, moving them to a bit of a higher ground. They are now beginning their healing journey.

**Encourage your friend to be willing to stretch beyond their comfort zone. In the event they only do that which is comfortable, less, and less will become more and more uncomfortable.**

- **It is valuable for your friend** to experience believing in others; this will balance the time you spend with each other. They may be ready to move their focus from their pain to enjoying activities with others. Encourage them to give support to others, providing their life and heart with healing and fulfillment, giving them a view of life beyond their pain and possibilities of what is next.

**Focus on your awareness. Pay attention to their extended periods of time of total isolation which may lead to your friend's "disconnect," possibly from the reality they choose not to see. This is expected and good in the short term; however, it is best if this is limited. Ask for help from other mutual friends, your Minister, or others your friend has given you permission to speak to, as additional support. Their family may be the first or last option to share your concerns with based on the knowledge of the relationships that have been shared with you.**

**Your friend's extended Isolation may work against them, as the only voice they hear may be their own, creating a time of possible self-deception. They are better served to have you as their trusted friend and sounding board. Isolation in the long term is not their friend.**

**Please note: This book is a guide and not meant to become more, so please check in with professional counselors if you feel concerned or if the trauma your friend is experiencing is triggering your unresolved pain. Healing is a layered process that is strengthened on the previous layer. New layers of healing for your personal dilemmas may be the gift you receive for supporting your friend through their train wreck.**

- **In the spirit** of support, you may offer ways to show that you care. You may possibly give them uplifting music or inspirational speakers as well as training and books that give sound teaching and equip them with spiritual principles.
- **Be patient.** They are experiencing more than you know and likely more than they are willing to share. They are questioning themselves in ways you may never know or relate to. Be aware that they are doing their best at this point in their journey. Intentionally focus on separating their pain and situation from the person you love as your friend. Expect to hear a difference in their approach to life and communications, as well as their mindset and thought processes.
- **You may** have a higher level of commitment in this friendship than you previously felt present in your relationship. They may not be able to give you the same level of friendship during their healing time or even for a while after they are healed. Therefore, it is important not to base future expectations of their friendship on the committed support that you have shown.
- **You may receive** the level of friendship you are showing to your friend from another friend at the time of your need in the place of that which you expect to receive from someone you invested so much love, time, and effort into. It also can go in a different direction, as your friendship may become more cherished than ever, and it may become more important to them by far, due to the strong

bond created during this time. No matter how difficult it may seem, take heart, and focus on the big picture.

- **BE willing** to invest more time in hearing versus telling. Their impatience may be much more supported with silence and your willingness to hear them will soothe their soul. Their sense of being heard is much more important than over-telling your friend in an attempt to give them your answers. As their friend, your support of their discovery of life-changing answers will greatly impact their life and may fulfill your sense of purpose and value in their life.
- **You may support them,** serve them, or even fill in areas of their loss with a deeper friendship. That said, you do not have the capacity to work out their healing for them. It is their healing to work out. You are not in their life to fix them, as they are not broken; nor do you have the power or right to do either.

**Avoid the temptation to play GOD in their life. God is their source, and you are their friend, possibly provided by God. Be clear on your role in supporting your friend in their Healing Path™.**

- **It is not as important** to have your answers available as it is to ask your friend open-ended questions that will serve them in finding their answer for where they find themselves now. Their train wreck may have been going into position and ramping up for years, even decades. Self-forgiveness may become crucial as they may have allowed many red flags to go unnoticed, or delayed decisions that jeopardized personal growth and set them up for the pain they experienced in their train wreck. Based on the part they played in their train wreck, they may tend to be over-responsible for their pain and co-dependent on others, even those from whom they feel betrayed.

- **Support them** in seeing their steps to forgiveness, accountability, and releasing judgments. Their train wreck will not turn to TRIUMPH until they engage and commit to participate with the steps taught in scripture and many are the basis for the "Train Wreck to Triumph" Book and Coaching Journal in earnest.
- **In most situations,** your friend's trauma is over when they choose to stop the 'trauma- drama,' which will begin with choosing to forgive, release the pain of the past and accept healing. Encourage them to embrace the next step of engaging with their new approach to a new life filled with fulfilling experiences.
- **They may not even accept** that it was a train wreck for a length of time, possibly going into denial of where they are now or certainly the part that they played in creating or even allowing their painful experience to take place. The lack of acceptance of these areas of truth will delay their growth and movement forward; however, it is a part of their process. Their willingness to take accountability will tend to accelerate their healing.
- **Their identity** - the way they feel they have shown up in life and the way they felt the world, including friends, family, and YOU viewed them may have shifted. This is a powerful time for them to know that their train wreck has not defined them and has **not** changed who they are. The train wreck may have changed how they feel about themselves, even adjusting their sense of identity. The choice is how long their shifted identity remains is up to them. It is important they realize that your view of them has not changed; if anything, your opinion of their value and purpose has increased. Remind your friend that their emotions will be fluid. As you may recall, the root word of emotions is 'motion', meaning movement.
- **Your friend's responses** to you may very well seem like spontaneous reactions, and they well may be. Their experiencing disconnection and discomfort from 'self' or their identity may create a profound sense of isolation – even when

they are physically with people and create a desperation to find answers that may tend to be self-destructive.

- **It is possible** that you may be their anchor for a while, and during this time, certainly support them by bringing stability into their life through God's power and healing. While you may have the passion to see your friend healed, God has both the passion and unfathomable power to reveal truth, heal and seal this healing with the work that only HE has the capacity to perform. As their friend, you may feel impatience and pain over the dilemma your friend is experiencing; your willingness to entrust your friend's well-being to God will make a defining difference.
- **Encourage them** to be gentle to their broken heart and show self-care, as their choices in areas not serving their highest good may be responsible for their experiences. The painful outcomes for which your friend is now challenged may be somewhat due to their choices based on the best information available at that time. They may not have the capacity to clearly discern the truth about others or situations to create their best choice. The act of forgiving themselves will be a huge step in moving forward, possibly one which they will delay until their final healing step.

**Other than a deep desire for intimacy with Your Creator; You are created with the desire to hear Your name, Your voice, and Your answer.**

- **Your friend** may be unable to completely remove the negative from their life; however, they are in control of how much positive they add to their life. Support them in being accountable for that which they can control and in integrating



positive attributes or honor that they have shown. Support them in speaking positively over their life and about their life.

- **They have the power** to bless their own life or curse it by how they speak about it. Serving them and sharing this truth will transition you from being a good friend to a great mentor. In this situation, your mentorship will be valuable to your friendship at some points in their healing journey. They must speak positive words and blessings over their life and about their life. If they speak blessings over their life, even at times when they cannot release the pain or embrace the concept of being blessed, their words will increase belief and make a difference.

**Be open to seeing the keys to healing taking place in your friend. Remember keys (*insights*) are much smaller than the doors of the healing they open!**

- **Encourage them** to speak out positively and to add to their life in a positive 'faith-filled' way. Encourage them to have hope and to learn to hear their answer, which may be supported by your willingness to listen as they process their answer out loud. Support them in finding their truthful voice which may have been in hiding for a great deal of time. As they heal and grow, they may find a new voice with an enhanced identity filtered through their renewed vision.
- **Losing hope** will deter them from moving forward in any way. They must have hope. Anything you can do or say to encourage them to see that 'hope prevails' will equip and empower them to heal and live fully.
- **Encourage them** to journal, journal, journal, and when they feel they cannot journal anymore, still journal one more time. Help them understand to keep their

journals in a safe and secret place. Refer them to the prayer journaling approach earlier shared in the book ["Train Wreck to Triumph."](#)

- **Forgiving is one thing; releasing is quite another!** Support your friend in doing both. One great way to support your friend may be to choose a physical exercise to do together a few times a week, such as walking. As you 'talk-walk', they may talk of deep things that will come from their core. Then, as a progression, this time will turn into a 'prayer-walk', which brings more closeness to each other and amazing healing.
- **Remember again, help them laugh.** GO to comedy entertainment venues, see comic movies, tell them funny stories reminding them of great memories or reliving fun times you have experienced with each other. Have fun for yourself.... You are investing a lot of yourself, your time, and your heart... **ENJOY** this journey; as you are making great memories, you will refer to many times as your heart recalls all the good that is taking place.
- **Make plans** for a great trip or celebration you will experience together, based on a benchmark they are passionately connected to creating. Be specific about your mutual visions for these plans. Ask your friend about their vision for this trip and help them expand their vision. The journey will be the fun times you look back on. Trauma diminishes the capacity to dream, so support them with open-ended questions (*which may take several to draw their dreams out of them*). Your friend will begin to experience dreaming again. Ask open-ended questions such as: "How will you feel when you experience \_\_\_\_\_ (*their vision or desire*)?" Support them in dreaming again.
- **Ask about their activities** and gather specific information regarding the experience you will look forward to. Embrace the 'experience of the experience of the experience'! Share your excitement about this celebration. Ask questions such as, "What specific area (*experience*) of our trip do you look forward to the most?"

- **Reemphasize the best thing** you can do for them or experiences you can enjoy together. This will enhance their willingness to work out their own healing, knowing you are there as their friend to support their journey. Do NOT become their "Savior"; they must work through their journey to come to their own salvation, solution, and triumph through their train wreck. Your prayers and encouragement will support and strengthen them.
- **Focus on significant conversations...** and in doing so, you will feel them leave some of the past behind!
- **Your relationship will become** profoundly more appreciated as a deeper bond is created based on your current role in their healing journey. You may find that as your conversations with your friend continue, you also receive healing in areas that you thought were healed in your journey.

**Pay attention to those things that are mentioned that trigger your own anger or need for further healing. What is pushing the buttons of past experiences?**

**Who have you still not forgiven or released? What are your next steps or areas of growth? Is it possible that supporting your friend in their healing journey is propelling you to an elevated place in your own?**

- **It is during this time** that your friend will discover healing and tools that will help them in every future crisis as well as empower them to sow strength into the lives of others. Again, you will paralyze their movement forward to fulfilling all that God has for them and the greatness of their destiny when you try to do their healing for them.

- **Pay attention to their lessons,** as they may mirror the lessons you are still processing for your own healing. Their train wreck and the healing process may be used to bring about your own healing in specific areas. There may be areas in which you still require healing, possibly due to wounding you buried deep within yourself, causing your own good soil to erode. The greatest truths that you realize for your own life will be those you impart to others.

**It is important to note: As you are present to your friend's dilemma, be careful that you do not hinder your own growth, as you ultimately become like those with whom you associate the most. It is important that you do not get into the train wreck with your friend. It is crucial that you continue to support them to keep up and even accelerate their pace in moving forward.**

- **It is very possible** for you to hinder your friend's progress when your greatest intention is to serve their healing. Be careful of crossing into and interrupting their healing process. That is a place sacred for your friend and God alone, due to your friendship, the trust your friend has placed in you, and the immense value of your friendship. This is an experience you both may be going through, do not camp out in the wilderness of this special time of healing... move through it!
- **You have the power** to bring vision, value, and validation to your friend's healing experience. You also have the capacity to give them grace where they have felt disgraced. However, the harshness of your choices in how you communicate can also deepen the area of disgrace or cause them to feel shame. **Choose wisely.** This may very well be a learning experience for you as well.

**It is time to celebrate as you notice that the persons you and your friend are becoming in this healing journey is the true gift to you both. Your friend is going through what they are going THROUGH to get TO where they are GOING...with your support!**

- Encourage them to walk in excellence and to make decisions daily of excellence.
- Mentor them by showing them examples of excellence in your life.
- Ask them permission to go to a place of depth in transparent conversations.... To the level they are willing to go.
- Most of all - BE their friend and speak the truth in love. Your friend needs your love, and they need your truth as well.
- Be willing to be accountable to your own truth.
- Hear them and be willing to know them.
- Be willing to hear their insights regarding your life, they may see things you do not.
- You may very well be the conduit through which God moves in your friend to open their mind and heart to see and receive insights about their life, including their pain, past, and journey to the place they find themselves moving forward to and living IN now.

The true gift in this relationship is the person YOU become as you reach out of yourself to touch the soul of your friend. Nothing can change a life like prayer and speaking the Word of God over your friend's life, healing, pain, and destiny.

Your friend is blessed to be supported by a friend in a time in which very little seems right or in focus. They may not feel like themselves or act like themselves. It requires a

selfless act of going beyond what and who you see they are now to who they are becoming; as they shed the debris of their train wreck, their pain becomes a time of healing and restoration, even of things broken before this most recent time of trauma. Your efforts, love, and friendship are to be honored.

Remember to be the same friend to yourself... to your pain of the past, and to all you have become and are also becoming during this time of reaching out to your friend. You know more now than you did when **you** were broken, betrayed, and experienced a lack of belief that this could be happening to you!

I honor you for being this special friend you are willing to be.

Welcome to a new time in your intersection with destiny... for both you and your friend.

## QUESTIONS TO CONSIDER



**Journal** about your relationship and how you feel about the information provided that you are willing to offer your friend in your efforts to support their journey from their train wreck to a place of wholeness and living their destiny. Be transparent and truthful.

**What are your feelings about your friend who is going through a train wreck?**

**What challenges are you experiencing in your communications efforts to support your friend's healing journey?**

**What progress in their healing are you seeing?**

**What, if anything, are you feeling that are remnants of pain from a time of your personal train wreck or area you thought you were healed from?**

**What area of pain is coming up for you? Are you willing to experience deeper healing of your own time of pain or your train wreck?**

**At what level are you now living your destiny? What is still holding you back from acceleration to a time of destiny?**

**Are you still stuck on a track, off-track or making tracks?**

When you are willing to know more about how to release all pain from the past and live truly a life filled with wholeness and to receive more support, visit the [Train Wreck to Triumph](#) website today.



***Enjoy your journey and remember the Journey is so much more fulfilling when you take others along with you as you Walk in Excellence, my friend.***

## ABOUT THE AUTHOR



**TERI WERNER**

As a Visionary Strategist, key-note speaker and Author, Teri Werner focuses on supporting those she leads in achieving personal and professional success through the (*real-life*) principles and coaching on which her Book and Coaching Journal "Train Wreck to Triumph" and her leadership programs are founded. She feels compelled to lead those seeking to finally reach a place of wholeness and TRIUMPH, in the midst of life-shattering questions, as they embrace her proven truths that have served others in turning their derailments into destiny.

Through her leadership programs, her unique skills as a Visionary Strategist influence her clients or audience in creating, connecting, and aligning with collaborative strategies that undergird their vision. Teri's "Empowering Your Vision"<sup>™</sup> and coaching programs equip leaders and those they lead to increase their willingness to expand their capacity and that of those they lead to explore and achieve living their vision and their desired accelerated personal and professional outcomes.

Teri passionately coaches and trains you in ways that support you in creating a vision for your life. She believes that success is the outcome of visionary and strategic coaching that is transformational as it serves you in creating and connecting powerfully to your vision. Her coaching, combined with integrating strategies and structures into your life and business approaches, will stabilize a culture of success and pathways of leading you to live the vision you deserve and would love to live.

Her decades of experience are immersed in real-life business acumen, and her the creation of vision and integration of strategies was the foundation on which Teri and her father co-founded a company that became a multi-million dollar publicly traded entity on NASDAQ. Many of these principles are still in place decades later.

Teri integrates her proven success principles, coaching, and insightful training into her programs, speaking and books. She desires that professionals and leaders be empowered to move forward with acceleration as they impart and impact their world.