

Teresa Vining

Christian Life & Family Coach, Writer, Speaker



Teresa is a Christian life and family coach, as well as a writer and speaker on topics relating to relationships, parenting, marriage, and faith. She has published two books and numerous articles in publications such as *Focus on the Family*, *Marriage Partnership*, and *Today's Christian Woman*.

She has been married to her college sweetheart for 30 years and has extensive parenting experience as the mom of four adult children, two of which are adopted, and the previous foster mom of more than 50 kids.

This has given her the opportunity to personally work with kids with all different backgrounds, ethnicities, personalities, strengths, and challenges, as well as kids in all kinds of schooling situations, including homeschool, public school, alternative school, and online school.

Teresa shares biblical truth, partnered with practical tools, to help women experience joy and grace in all areas of life. Additionally, she loves encouraging families and helping them grow spiritually, overcome challenges, build strong relationships, and achieve their goals.

She is a chocolate-lover, and enjoys hiking, camping, music, movies, and deep conversations. She loves traveling and exploring new places but also enjoys coming back to her home in Kansas City!

SPEAKING TOPICS

- ✓ keys to building healthy relationships
- ✓ combatting anxiety and worry
- ✓ nurturing your child's faith
- ✓ parenting with joy and grace
- ✓ loving your kids like crazy while still holding them accountable
- ✓ navigating disrespect and defiance
- ✓ parenting in the digital age
- ✓ parenting adult children
- ✓ parenting tweens and teens

SPEAKING VENUES

- ✓ Church and Youth Organizations
- ✓ Parenting Conferences and Seminars
- ✓ Women's Conferences and Retreats
- ✓ School and Homeschool Events
- ✓ Foster Care and Adoption Groups

Get in Touch!

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KEYNOTES

Teresa is available for keynote sessions at parenting or women's conferences and retreats. She loves motivating and inspiring while helping participants grow in their faith and understand biblical truth.

CONFERENCE AND RETREAT BREAKOUT SESSIONS

Teresa's break-out sessions are information-packed and interactive. Participants leave with new insights, practical action steps, encouragement, and hope.

PARENTING WORKSHOPS

Teresa is available for stand-alone or series workshops. Many churches schedule these at the same time as youth activities to offer this resource to parents without adding another night to the family calendar.

MOM'S NIGHTS OUT

Teresa loves presenting these evenings out to celebrate and encourage moms while connected them with each other and supporting them in their parenting.

HALF OR FULL-DAY PARENTING SEMINARS

Teresa's half and full-day seminars allow more time to go deeper into specific parenting concepts, have more discussion, and explore more examples to address individual situations.

Teresa offers special pricing for speaking engagements in the Kansas City area.

"Teresa's presentations are compassionate and filled with hope and practical tools. She teaches relationship dynamics and parenting concepts in memorable ways with real-life examples to empower and equip families, while addressing root causes and heart issues to bring lasting change."

Dacia Moore, Executive
Director, Gateway of
Hope Ministries



Planning an Event?

Teresa offers a wealth of knowledge and experience, delivered with humility, encouragement, and inspiration.

She is flexible to work with and loves speaking at parenting, marriage, and women's events. Feel free to reach out to her with any questions or to discuss plans for your upcoming event.

To learn more about Teresa, visit www.teresavingcoaching.com.

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