

TERESA NIEVES

Speaking Workshops and Facilitation

Speaker • Facilitator • Unconventional Strategist

Certified LGBTQ Business Enterprise® through NGLCC

Learning experiences for corporations, nonprofits, schools, and community organizations.

I help people question the patterns that keep them stuck and practice more intentional ways to lead, connect, and care for themselves. My sessions bring reflection and honest conversation into the challenges people face at work and in their communities.

Find the right experience

Staff well-being and self-trust: Support people navigating overwhelm, compassion fatigue, and expectations that leave little room for their own needs.

Inclusion and belonging: Explore neurodiversity and cultural responsiveness through practical changes to communication and participation.

Leadership and communication: Practice clear feedback, difficult conversations, and stronger relationships with staff, families, and community partners.

Signature talks: Bring conversations about self-trust, identity, sustainable ambition, and intentional decision-making to your event.

Designed around your people

Choose a focused workshop, a facilitated team conversation, or a speaking engagement. We can also discuss a learning series shaped around your organization's goals. Topics, examples, and activities are tailored to the audience and setting.

Turn to the following pages for session options and participant takeaways. To discuss a fit for your organization, email me with your audience, goals, and timing.

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WORKSHOP OPTIONS

Staff Well Being and Self Trust

For people doing demanding work and leaders who want to support them. These sessions make room for reflection while identifying practical changes in daily habits, team expectations, and access to support.

From Surviving to Self Trust

For: Educators, helping professionals, leaders, and community groups.

Explore how patterns that once helped us adapt or protect ourselves can continue to shape choices and relationships. Participants get curious about what those patterns have offered and what they need now, with room to choose how they participate.

Participants practice: Noticing a familiar pattern, identifying a present need, and choosing a small action that builds self-trust.

Featured RiseUp session: From Surviving to Self-Trust: A Trauma-Informed Path to Thriving.

Beyond Overwhelm and Burnout

For: Staff teams, supervisors, educators, and service providers.

Examine where demands exceed capacity and how that affects the way people show up at work. This workshop connects personal boundaries and everyday coping tools with conversations about workload, expectations, and support.

Participants practice: Identifying a source of overload, naming a realistic boundary or support request, and selecting a restorative practice that fits the day.

Compassion Fatigue and Vicarious Trauma

For: Helping professionals and the supervisors who support them.

Create space to explore the emotional impact of supporting others through difficult experiences. Participants consider how that work affects their connection to themselves, colleagues, and the people they serve.

Participants practice: Reflecting on changes in their own capacity, identifying sources of support, and creating a plan for boundaries and replenishment.

WORKSHOP OPTIONS

Inclusion and Belonging

For organizations seeking more responsive ways to work with colleagues, students, families, and community members. Sessions connect reflection about assumptions with specific communication and participation choices.

Neurodiversity 101

For: Staff, supervisors, educators, and community providers.

Introduce neurodiversity and explore how different ways of processing information, communicating, and managing tasks can affect everyday interactions. Participants examine assumptions about effort, behavior, and what support should look like.

Participants practice: Identifying an assumption, asking about communication preferences, and choosing a change that makes instructions or participation more accessible.

Neurodiversity 102

For: Teams with foundational knowledge who want to deepen their practice.

Work through audience-specific scenarios involving communication, expectations, and support. Participants explore how to respond to differing needs while maintaining clarity about shared goals.

Participants practice: Revising an unclear expectation, discussing a support need, and applying inclusive communication to a real situation from their setting.

Cultural Responsiveness in Practice

For: Healthcare and human services teams, educators, and community organizations.

Build on cultural competency by approaching learning as an ongoing practice. Explore how identity, lived experience, and assumptions influence relationships with the people your organization serves. Examples can be adapted to healthcare, schools, or community work.

Participants practice: Questioning an assumption, asking respectful questions, and adapting communication to the person and context.

Adaptations for your setting

A school team may focus on staff and family communication. A nonprofit may focus on service delivery and community relationships. A corporate team may focus on meetings, feedback, and collaboration. The consultation helps determine the right examples and depth.

WORKSHOP OPTIONS

Leadership and Communication

For supervisors, staff teams, school partners, and community providers. These workshops include opportunities to rehearse conversations and apply the learning to everyday relationships.

Compassionate Leadership and Tough Conversations

For: Managers, supervisors, and emerging leaders.

Explore how to offer clear feedback and address difficult issues while staying connected to the people involved. Participants examine their response under pressure and practice balancing care with accountability.

Participants practice: Pausing before responding, naming a concern clearly, and making a specific request or agreement for follow-through.

Conflict Resolution and Clear Communication

For: Staff teams, educators, and community groups.

Examine what happens when assumptions, unmet needs, or different expectations lead to conflict. Use relevant scenarios to practice listening, communicating concerns, and identifying a workable next step.

Participants practice: Separating an observation from an interpretation, asking a clarifying question, and preparing for a difficult conversation.

Building Relationships with Families and Community Partners

For: Schools, after-school programs, nonprofits, and family-serving organizations.

Explore how to build trust, understand family priorities, and connect people with community resources. This session also addresses navigating conversations with school staff and partners, with attention to clear expectations and follow-through.

Participants practice: Mapping key relationships, identifying a family or partner's stated need, and defining a next step with a clear follow-up plan.

Motivational Interviewing Foundations

For: Helping professionals and community providers.

Introduce the spirit of motivational interviewing and OARS: open questions, affirmations, reflective listening, and summaries. Participants use role-play to explore conversations that support a person's own reasons for change.

Participants practice: Using an open question and reflective response, then summarizing what matters to the person in the conversation.

SPEAKING OPTIONS

Signature Talks

Topics for conferences, staff gatherings, leadership programs, entrepreneurship communities, and affinity groups. A talk can introduce a conversation that continues through a workshop or facilitated discussion.

From Surviving to Self Trust

For: Educators, helping professionals, leaders, and community audiences.

An invitation to notice the stories and habits that shape how we move through life, honor what has helped us adapt, and consider what comes next. This topic connects self-trust with small, intentional choices.

Participants practice: Reflecting on a familiar pattern and choosing one step toward a current need.

The CEO Mindset

For: Entrepreneurs, business owners, and leadership communities.

Explore the shift from handling every task to leading your business with intention. This talk examines priorities, capacity, and the role an owner wants to hold, helping entrepreneurs make decisions that support the business and life they want.

Participants practice: Identifying where they are reacting by default and choosing a decision that better supports their leadership role.

Before You Say Yes

For: Business owners and leaders managing competing opportunities.

Use a decision framework to examine an opportunity before committing. Consider alignment, available capacity, and what saying yes would require in practice.

Participants practice: Applying a decision filter to an opportunity and preparing a clear response.

Ambition Without Apology

For: Entrepreneurs, women's leadership groups, and professional communities.

Make room for the business and life you actually want. Question inherited definitions of success and examine the gap between what looks impressive and what feels aligned.

Participants practice: Naming a personal definition of success and one choice that supports it.

Coming Into Your Own

For: LGBTQ+ entrepreneurship communities and affinity groups.

Explore queer identity, reinvention, and entrepreneurship. Consider how changes in our understanding of ourselves can shape visibility, business choices, and the way we lead.

Participants practice: Identifying a choice that allows their work to reflect more of who they are becoming.

WORK WITH TERESA

Plan Your Session

You do not need to arrive with a finished agenda. Start with the challenge you want to address and the people you want to support. We can discuss a format and focus that fit your setting.

Ways to work together

Speaking: Conference sessions, staff events, leadership gatherings, and community programs.

Workshops and training: Interactive learning with reflection, relevant scenarios, discussion, and practice.

Facilitation: Guided conversations for teams and groups navigating shared questions or next steps.

Custom learning: A tailored session or series developed around your audience and goals.

About Teresa

I'm Teresa Nieves, a speaker, facilitator, unconventional strategist, and founder of Teresa Nieves Coaching LLC. My business is a Certified LGBTQ Business Enterprise® through the National LGBT Chamber of Commerce (NGLCC). My work spans coaching, professional development, leadership, and community learning. I bring a direct, conversational style to topics that people often struggle to say out loud.

As a queer, neurodivergent woman, I bring lived experience to conversations about identity, belonging, and the expectations people carry. My approach combines reflection with practical tools people can apply in the lives and workplaces they already have.

Start with a consultation

Tell me who the session is for, what you want participants to leave with, and your preferred timing. If you have a date, group size, delivery preference, or budget in mind, include those details. We'll use the conversation to explore fit and next steps.

[Email Teresa to arrange a consultation](#)

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Bring the conversation to your organization

Share this portfolio with the person who plans your staff development, leadership programming, or events. If you are deciding between topics, email me the challenge you are seeing and we can start there.