



Senior Consultant

# Theresa Prelitz

Laguna Beach, California

Since joining FranklinCovey, Theresa has facilitated trainings for American Express, Salesforce, Stanford University, Patagonia, NASA, CBS Television, U.S. Navy, Versace, and numerous other Fortune 500 companies. She was previously with McDonald's Corporation as Southwest Regional Training Manager, responsible for training in leadership and operations to over 500 franchisees and their leadership teams.

After McDonalds, Theresa traveled globally from Brazil to India managing spiritual teachers and authors with Hay House Publishing, while having her own spiritual sabbatical. Theresa's extensive facilitation and interpersonal experiences brings a powerful mixture of leadership development, business acumen, intuition and inspiration that allows her to move comfortably from the boardroom to the front line; helping clients gain clarity and achieve, or often surpass, their most wildly important goals.

## Education & Certifications

- Phoenix College, Student Body President

## What learners say about Theresa...

*"I wanted to thank you for organizing the Deep Listening course, and for inviting me to attend... I wanted to reach out personally and let you know that that was the most engaging and effective corporate courses I've attended, THANK YOU."*

## Highlights

Theresa transformed 100's of McDonalds managers from lowest scoring U.S. team to #1, in only 3 years

Two of Theresa's daughters are educators: Paloma holds a PhD in Education, and Sophia teaches elementary school

Theresa's father taught High School, and Grandfather Adam Diaz, was Phoenix's first Latino City Councilman/ Vice-Mayor

As a Latina businesswomen, Theresa is uniquely qualified to facilitate 'Unconscious Bias' trainings that heal divisions

After her spiritual sabbatical, Theresa created a guided meditation program to quiet the mind and promote wellness