

Teresa Kay-Aba Kennedy

Award-winning Author and President, Power Living Enterprises, Inc.

Teresa Kay-Aba Kennedy is a Harvard Business School-trained strategist, master coach, yoga/meditation teacher, seasoned speaker/moderator and award-winning author. Her mission is to raise the consciousness of the planet and create a more sustainable world by releasing the potential in individuals through transformative tools, inspirational content and high-frequency experiences®. As President of Power Living Enterprises, Inc., she trains executives and others integrating modalities such as coaching, mindfulness, positive psychology, yoga, integrative health and energy management with the latest research on neuroscience, spirituality, leadership and human performance. Her weekly *Dose of Power Living* goes out every Monday to loyal readers around the world, and she operates the empowerment platform www.iampowerliving.com and e-commerce platform www.powerlivingmedia.com.

Called “smart with a heart,” she has been featured on the cover of *Yoga Journal*, in Oprah’s book, *Live Your Best Life!*, and was selected as a World Economic Forum Young Global Leader recognizing her “professional accomplishments, commitment to society and potential for shaping the future of the world.” She has been a C-suite advisor to legendary leaders and has participated in exclusive World Economic Forum events in Brazil, China, India, Jordan, Mexico, Morocco, Myanmar, South Africa and Tanzania, including working strategy sessions with multinational CEOs and Presidents of countries and being a discussion leader for the “Economics of Happiness” for the Annual Meeting in Davos, Switzerland. She uses her unique background and supercharged energy for greatest impact and has presented in a range of international settings from sharing her knowledge at the Sustainability Leadership and Inspiration Academy at the Faculty of Economics at the University of Ljubljana in Slovenia and inspiring women in Chile for the Estée Lauder Global Breast Cancer Campaign to teaching yoga to global leaders on The Great Wall of China. A leader in integrative health and yoga, she served six years on the Board of Yoga Alliance, including Interim CEO and chair of the Board. She is a National Spokesperson for the American Heart Association, an Ambassador for HealthCorps, and has served on the Education Working Group for the Academic Collaborative for Integrative Health (ACIH).

With her mother – Columbia University-trained journalist Janie Sykes Kennedy – she co-wrote the autobiography of 98-year-old yoga master Tao Porchon-Lynch, *Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master* (2015), which has won ten national and international book awards. Kennedy has been traveling with Porchon-Lynch – as far away as Montenegro and Dubai – moderating “Conversation with a Master” events, assisting in yoga workshops and documenting their journey. In 2011, they presented “The Gandhi Effect” program to a standing room only audience at the Newark Peace Education Summit, which headlined His Holiness the 14th Dalai Lama. In 2012, they did a program at the Pentagon. In June 2016, they did a program at the United Nations, and in October 2016, Kennedy moderated a discussion with Porchon-Lynch for International Day of Non-Violence for the Indian Consulate in New York. In November 2016, they were back at the United Nations to do a program for Women’s Entrepreneurship Day. In January 2017, Porchon-Lynch and Kennedy were featured in a “Power of She” campaign for Athleta clothing company celebrating the power of women.

At 20 years old, Kennedy was recruited from Wellesley College to write case studies on *Fortune 500* companies for Harvard Business School. An Internet evangelist and “intrapreneur,” she founded VH1 Interactive and the VH1@Work radio network in the early 1990s. As Vice President of Business Development & Operations for MTV Networks, she managed a 200-person team, negotiated multimillion-dollar landmark deals, and planned/launched “The Suite” of six digital cable channels. She has a world-class education – Wellesley College, Harvard Business School, Harvard Kennedy School of Government, Yale University Jackson Institute for Global Affairs and Lee Kuan Yew School of Public Policy in Singapore. Although she is American, she was born in Ghana, started school in Australia and studied design in Italy. Find out more at www.terrik.tv.