

## **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, award-winning author, and creator of the [www.iampowerliving.com](http://www.iampowerliving.com) empowerment platform. 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 worldwide. As a sought-after speaker, she uses her multidisciplinary background for greatest impact from inspiring women in Chile for the Estée Lauder Global Breast Cancer Campaign to traveling the globe – from the United Nations to the World Government Summit in Dubai -- moderating “Conversation with a Master” events with the oldest yoga master in the world, 98-year-old Tao Porchon-Lynch. In January 2017, Tao and Terri were featured in the Athleta Power of She campaign for their inspiring work uplifting women and girls, and the book they co-authored, *Dancing Light*, has won 10 national and international awards. Called “smart with a heart,” Terri 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.”

For more, go to [www.terrik.tv](http://www.terrik.tv). Contact: [terrik@power-living.com](mailto:terrik@power-living.com), 212-901-6913.

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