

THE RESILIENCE ARCHITECT™

Dr. Tessy Aguzie

KEYNOTE SPEAKER • AUTHOR • PUBLIC HEALTH EPIDEMIOLOGIST

Transform the Way Your Audience Sees Adversity

Dr. Tessy Aguzie brings together evidence-informed insight, faith-informed wisdom, public health perspective, lived experience, and practical frameworks that help audiences protect identity, build resilience, and lead with purpose.

SIGNATURE IDEA

Learn to read adversity
before adversity writes
your identity.

THE R.I.S.E. ARCHITECTURE™

R Reclaim
Identity

I Insulate
the Heart

S Serve
Beyond Pain

E Expand
Before It Ends

CREDENTIALS

Public Health Epidemiologist • Resilience Educator • Pastor • Author • Speaker •
Creator of Adversity Literacy™

WATCH THE WISDOM TALK

BRING DR. TESSY
TO YOUR STAGE

tessyaguzie.com • Booking inquiries via website



SIGNATURE BELIEF

You do not have to be defined
by what happened to you.

Heal. Rebuild. Rise. Lead.

SIGNATURE KEYNOTES

Six ways to transform a room.

Adversity Literacy™

Learning to Read Life's Challenges Before They Read You

IDENTITY • RESILIENCE • MEANING • PURPOSE

Rise Before It Ends™

Becoming Before Your Circumstances Change

WOMEN • FAITH • EMPOWERMENT • COMMUNITY

Leading Through Your Longest Season™

Clarity, Confidence & Influence During Uncertainty

CORPORATE • EXECUTIVE • GOVERNMENT • NONPROFIT

Rewire the Pain™

How Thoughts, Identity & Resilience Shape Recovery

MENTAL HEALTH • HEALTHCARE • WELLNESS

The GPS of Destiny™

What If the Challenge Is Not the Obstacle - but a Clue?

PURPOSE • LEADERSHIP • FAITH • UNIVERSITIES

Your Giant Is Not the Problem - Your Perspective Is™

How Courageous Thinking Transforms Obstacles into Opportunities

LEADERSHIP • WOMEN • UNIVERSITIES • PROFESSIONAL ASSOCIATIONS

AUDIENCE MARKETS

Corporate & Organizational • Leadership & Executive • Women's Conferences
• Healthcare & Public Health • Universities • Mental Health & Wellness •
Professional Associations • Nonprofits • Faith-Based Conferences

AUDIENCE OUTCOMES

- Protect identity under pressure
- Understand stress, interpretation & resilience
- Maintain clarity and agency during uncertainty
- Recognize healing, growth & capacity opportunities
- Move from survival toward intentional becoming

FEATURED WISDOM TALK

A Conversation Worth Sharing

Watch Dr. Tessa's featured professional talk at tessyaguzie.com

WATCH THE WISDOM TALK

THE R.I.S.E. ARCHITECTURE™

Reclaim Identity • Insulate the Heart • Serve Beyond Pain • Expand Before It Ends

BOOKING

Bring a message your audience will remember - and use.

Evidence-informed. Faith-informed. Human-centered. Conference-ready.

BOOK DR. TESSY