

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.

FLAGSHIP IDEA

Adversity Literacy™

Learn to read adversity before adversity
writes your identity.



SIGNATURE BELIEF

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

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

SIGNATURE KEYNOTE

One body of work.

Transformative conversations for different rooms.

FLAGSHIP KEYNOTE

Adversity Literacy™

HOW TO READ LIFE'S CHALLENGES AS CLUES TO IDENTITY, PURPOSE, AND DESTINY

How do we navigate the journey from who we are to who we were created to become?

A transformative keynote that reframes adversity as information - revealing what needs healing, what must be developed, what no longer fits, and where growth may be calling us next.

A SIGNATURE CONCEPT WITHIN ADVERSITY LITERACY™

The GPS of Destiny™

The route may change. The assignment doesn't have to.

ADDITIONAL KEYNOTES

01

Rise Before It Ends™

BECOMING BEFORE YOUR CIRCUMSTANCES CHANGE

Identity, hope, meaning and growth before difficult circumstances have ended.

02

Leading Through Your Longest Season™

CLARITY, CONFIDENCE & INFLUENCE DURING UNCERTAINTY

How leaders maintain clarity, agency and effectiveness during prolonged uncertainty.

03

Your Giant Is Not the Problem - Your Perspective Is™

PERSPECTIVE SHAPES POSSIBILITY

How perspective influences confidence, decisions, resilience and what becomes possible.

What your audience will leave with

- Interpret adversity without allowing it to define identity.
- Understand how interpretation shapes response, resilience and possibility.
- Recognize clues to growth, capacity, direction, meaning and future contribution.
- Move from merely surviving circumstances toward intentionally becoming.