



Teresa Bell Kindred

Speaker/Author/Educator and Encourager

Ministering & Encouraging Women Through Every Stage of Life

One morning my husband called and said his car had run out of gas. Would I bring him some? Of course I dropped what I was doing and went to his rescue. He called later in the day to say “thanks.”

“You’re welcome,” I said. “You should know by now that if you call and need me I’ll climb the highest mountain, swim the deepest sea, whatever it takes.”

“I’d do the same for you,” he said with a chuckle.

And he would. He might not take out the trash the first two or three times I ask him to, or put up his hunting supplies where they go, but if I really need him, he’s there. After 31 years of marriage I can look back and say that every time life has knocked me down, Bill is there beside me, holding my hand and encouraging me to get back on my feet and try again. He’s been one of the most important “encouragers” in my life.

Are you encouraged or discouraged? Is your spiritual life running low on gas? If your group could use a full tank of gas and a big dose of encouragement then contact her to discuss your event. There is nothing that God, prayer and a big dose of encouragement can’t make better!

1 Thessalonians 5:11 (NIV) which says in part, “Therefore encourage one another and build each other up.”

Ministry Topics

SEASONS OF OUR LIVES ~ (Presentation may include an on-site example of a hot flash by the speaker!) Spring and summer are busy hectic seasons so we don’t spend much time thinking about the fall and winter of our lives, but maybe we should. This speech takes a sometimes humorous, sometimes poignant look at each of the four seasons and offers encouragement for the rainy days and thunderstorms of life.

HER CHILDREN CALLED HER “BLESSED”--MINE JUST CALL ME MOMMA ~ A look at the Proverbs 31 woman and all she accomplished, plus some goal setting and leadership training based on her example. Much of this speech comes from Teresa’s Mom PhD book.

THE HEART OF A WOMAN ~ The Bible gives us many examples of a healthy heart. This speech looks at which characteristics create a healthy, happy heart, as well as those that clog our arteries with negativity and how we can avoid them.

CHRISTIANS UNDER CONSTRUCTION ~ Put your hard hat on for this one! Do you build up or tear down? Do you have an A+ Attitude or feel more like a failure? By encouraging others we can become a more positive person and thus let our lights shine more brightly! This speech looks at biblical and modern day encouragers and what we can learn from them.

Other topics include speeches for educators and parents. Teresa can tailor her talks to meet your needs. Have a particular topic in mind? Let’s talk about it!
Contact Teresa ~ www.nanahood.com and teresa@nanahood.com or by phone at 270-670-6832.

What Other’s Are Saying:

“Teresa spoke for our Women of Worth Ladies day in 2011 and we felt so blessed to have her with us. She is so down to earth and connected with us so well. Her knowledge of the scriptures is amazing and the way she teaches keeps you involved and entertained. We so appreciate the lessons she gave for us and hope to have her back again!”

- Tiffany Secula, Three Forks church of Christ

Biography

Teresa is the author of several books including *The Knot at the End of Your Rope; Ten Ways to Hold on When You are Stressed Out* and *Mom: PhD-A Simple 6 Step course on Leadership for Moms*.

She was a major contributor to *Humor for a Teacher's Heart, Cup of Comfort Devotional: Daily Reminders of God's Love and Grace* and most recently, *Lost Lessons from Life on the Farm*. She also authored four *Precious Moments* books that were illustrated by Sam Butcher.



Her magazine column "Kindred Spirits" appeared in *Kentucky Living* magazine for 13 years. She has been writing and blogging for numerous sites on the Internet since she discovered the wonders of cyber space and her newest endeavor, NanaHood.com, is truly a labor of love.

She has a M.A. in Secondary Education and has taught 7th graders, high school students, college classes and was the assistant director at an adult education facility where she tutored high school drop outs and helped them get their GED.

Teresa lives in Kentucky with her husband of thirty two years, Bill (aka Poppa), her twin sons who she can always tell apart (if she has her glasses on), and their seven dogs. She loves being a nana and anxiously awaits the day when she has at least as many grandchildren as she has dogs.



What Other's Are Saying...

"Teresa was the guest speaker for our Ladies Night For Christ in 1998 and again in 2010. We certainly enjoy the inspirational messages she brings to us."

- Sylvia Thompson Hiseville, Kentucky Christian Church

"Teresa Kindred spoke at our meeting and she was very inspiring and uplifting. She spoke of personal experiences and told stories that brought smiles, laughter, and tears to all of us Moms. I would recommend Ms. Kindred to speak at any group."

- Rhonda Gray, Girl Scout Troop Leader

"Teresa's insight, background and genuine passion for people gives her a unique platform to engage audiences. Her transparency and talents as presenter enhanced her credibility and inspired our teacher workshop participants. I would wholeheartedly recommend Teresa as a presenter and speaker."

- Scott Christmas, Kentucky Farm Bureaus's Director of Women and Agricultural Education.

"I speak for all the ladies who attended our annual Ladies luncheon when I say your presentation was fantastic! Thank you so much for offering us bits of humor missed with valuable life lessons. I look forward to working with you again!"

- Patty Forrester, Event Planner for Ladies Luncheon at the Grand Lodge of Kentucky (Free and Accepted Masons)