THERESA LAROCQUE

KEYNOTE SPEAKER • AUTHOR • FOUNDER OF TLC ADVENTURE CO.

Unmasking Performance: Transforming Burnout into Authentic Power

A High-Impact Keynote & Leadership Session on Honoring Capacity, and Reclaiming Power

SESSION OVERVIEW

High achievers, leaders, and overcomers rarely burn out from a lack of grit or discipline. They burn out because running at top speed is a high-functioning coping mechanism—a strategy to maintain control and outrun discomfort, unexpressed grief, and emotional exhaustion. Beneath the polished corporate mask and 'unbreakable' reputation lies the silent toll of people-pleasing, suppressed vulnerability, and boundary erosion.

In this transformative, theme-driven keynote, Theresa LaRocque breaks down the high-achieving trap and equips audiences with mind-body frameworks to decelerate, honor human capacity, dismantle the victim mindset, and replace psychological armor with radical self-accountability.

CORE THEMES & TRANSFORMATIONAL PILLARS

The Deceleration Paradox & the High-Achieving Trap
Why moving at top speed is used to avoid sitting in discomfort, and how true stillness reveals the exact insights needed to heal and perform sustainably.

Unmasking People-Pleasing & Sharing Vulnerability
Shedding childhood survival scripts, ending the 'peacekeeper' role, and learning to speak unswallowed truths without fear of rejection.

Capacity vs. Expectations
Understanding energetic capacity as real-time boundaries, decoding physical warning signs, and holding multiple conflicting truths simultaneously.

The Victim Trap vs. Radical Accountability
Shifting from external blame to 100% personal ownership as the ultimate catalyst for personal growth and professional power.

Descending to Transcend & the Self-Worth Story
Real transformation requires sitting in discomfort rather than applying surface productivity hacks, untangling self-worth from performance metrics.

Practical Nervous System & Mindset Integration
Real-time breathwork, boundary auditing, and internal self-talk practices to restore alignment and maintain composure under high stress.

AUDIENCE & DELIVERY FORMATS

TARGET AUDIENCES
Corporate Leaders/Executives/Management Teams
Athletic Institutions & Operational Groups
Women in Leadership & Entrepreneurial Associations

DELIVERY FORMATS
Keynote Presentation: 45–60 Minutes (High-Impact)
Executive Team Retreats: 3-Day Intensive Wilderness Immersion focused on wellness and culture

ABOUT THERESA LAROCQUE

Theresa LaRocque is a keynote speaker, wilderness adventure facilitator, and author of The Gift of Burnout. A former Division I college basketball point guard, Theresa built a 20-year corporate career in golf club and community management that spanned across Facilities management, Outdoor Adventure programming, and corporate accounting. After navigating a high-functioning corporate breakdown and six-year journey of self-accountability, she founded TLC Adventure Co., guiding leaders and teams to drop their armor, honor their capacity, and reclaim authentic power.

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