

THERESA ROWE

Author · Speaker · Radio & TV Personality



MEET THERESA

Theresa is a nationally certified fitness professional, author, radio and TV host, motivational speaker, and child of God. She shares her testimony and message with the world through transformational, inspiring, and heart centered presentations that captivate all audiences. A member of the Christian Women in Media Association, and featured at events such as the BAM conference and the Heart to Heart Conference, Theresa will inspire and motivate your audience to achieve personal, spiritual, or professional growth..

2K

MONTHLY
WEBSITE VIEWS

7K

FACEBOOK
FOLLOWERS

1K

EMAIL
SUBSCRIBERS

About the Ministry

SHAPED
BY FAITH

Shaped by Faith is a ministry that encourages people from all walks of life to discipline their body, mind and spirit, preparing them to become what God created all of His children to be: warriors in training for Christ! A physically fit body enables us to take the next step and experience total transformation by also surrendering our hearts to God.

BLOG AUDIENCE

DEMOGRAPHICS

93 % Female

66% Ages 35-55

SPEAKING TOPICS

Warrior in Training,
Identity,
Body Image,
Overcoming Adversity,
Overcoming Abandonment,
Blended Families (marrying with
children),
Overcoming Fear,
Feeling Unloved,
Rejection,
Divorce,
the Victorious Single Parent,
and the real life experience of two
open heart surgeries.



CONTACT

For press inquiries, please email
theresa@shapedbyfaith.com