

LIVING BY

design

NOT

DEFAULT

7 Mindsets provide a blueprint for life

By Merrie Sue Holtan • Women's Impact contributor

HORACE, N.D. – When Teresa Lewis sets her mind to something, she's not afraid of risk.

She learned to have a "passion for having a passion" and big ideas from her grandfather and father. Lewis grew up in Rothsay, Minn., and her grandfather created the giant prairie chicken that's become an iconic stop along Interstate 94. He also engineered a trolley to go up and down the hill from their cabin to the lake. Her father was a coach, educator, insurance executive and traveled the world.

"I realized how influential my father was in my life," says Teresa, who grew up with one older brother. "My dad died suddenly in an accident in 2005. I learned from him how to have passion for what I do. If he lost his passion, he would find something else."

Teresa's journey has also turned and twisted as she followed her passions, but she always excelled at guiding and fostering strong relationships between people.

Since 2012, Teresa has owned Get Inspired, where she coaches individuals, small groups and businesses in personal effectiveness and leadership skills. Teresa, who lives in Horace, also has become certified as a "7 Mindsets" coach and trainer, which is working to promote the "mindset revolution" throughout the Fargo-Moorhead area and beyond.

THE QUEST FOR DESIGN NOT DEFAULT

Teresa honed her skills in human resources at Butler Machinery in Fargo for 10 years.

"I really didn't know what I wanted to do with my life," she says "so I became a girl Friday of sorts and learned about human resources on the job. It was fun."

From there she moved to Eide Bailly, where she led human resources for nine years.



Teresa Lewis conducts a workshop on what it means to be an assertive woman in the workplace.
Forum file photo