



THERESA CALLAHAN

EXECUTIVE & PERSONAL LEADERSHIP COACH

SPEAKER • AUTHOR • RETREAT LEADER

Founder of Retreat to Tuscany™



Author of *Managing for Performance*



Kolbe Certified™ Consultant



Trained in Organization & Relationship Systems Coaching (ORSC)



*You don't need more noise
or more answers.
Sometimes you simply need
enough space to slow down,
be fully present, reconnect,
and remember what
matters most.
And sometimes,
that space happens
to be in Tuscany."*



BEYOND RETREAT TO TUSCANY™

Theresa and her husband host intimate Couples Retreats and curate private VIP retreats in Tuscany for small groups seeking a meaningful experience designed especially for them.

Less Noise. More Joy.

THE JOURNEY BACK TO YOURSELF



*Helping Accomplished Women Reconnect,
Gain Clarity and Intentionally Create
a Next Chapter That Reflects
Who They Are Today.*

For nearly a decade, Theresa Callahan has been bringing women to Tuscany to step away from the demands of everyday life, slow down, and reconnect with themselves—so they can gain clarity about what matters most.

With more than 35 years of leadership and coaching experience, Theresa understands the accomplished woman—the business owner, leader, caregiver, and decision-maker who has spent years building, achieving, and taking care of everyone else. At some point, the question shifts from “What do I need to accomplish next?” to “What do I want my life to look like now?”

Through her speaking, coaching, and Retreat to Tuscany™ experiences, Theresa helps women quiet the noise, become fully present, and hear their own voice again. From that place of reconnection comes the clarity and confidence to intentionally create a next chapter that reflects who they are today—not simply who they have been or what others need from them.

THE JOURNEY BACK TO YOURSELF

A FOUR-STAGE EXPERIENCE OF TRANSFORMATION AND RENEWAL



1

AWAKEN

Notice What's No Longer Working

Pause long enough to recognize the noise, patterns, expectations, and obligations that may no longer fit who you are today.



2

RECONNECT

Come Back to Yourself

Create space. Quiet the noise. Reconnect with your values, your voice, and what matters most to you now.



3

CLARIFY

Decide What You Want Now

Get clear about your priorities, what you want more—and less—of, and what you want this next chapter to look and feel like.



4

CREATE

Intentionally Live What Matters

Turn clarity into choices. Take aligned action. Begin creating a life that reflects who you are today—with greater confidence, purpose, and joy.



And from there, you flourish.

LESS NOISE → MORE CLARITY → MORE INTENTION → MORE JOY

*Space to Slow Down.
Clarity to Move Forward.
Joy to Flourish.*

