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LRJ FOUNDATION

Teresa Ruspi

MSOL, Executive Director & Co-founder of The LRJ Foundation, Mindset and Leadership Consultant

Teresa is a graduate of Marywood University, Pennsylvania, with a degree in Nutrition & Dietetics and holds a master's degree from Mercer University, Atlanta, GA, in Organizational Leadership and nonprofit management. Since 2012, she has held the position of the Executive Director of the Lou Ruspi Jr. Foundation (LRJ), a mental health education organization. The LRJ Foundation provides community education on mental health topics and serves as a bridge and resource for parents, educators, and adolescents.

Teresa is the founder of TR Consulting and coaching where she provides one-on-one consulting to adults and teens to help develop a growth mindset, provide a different approach to make positive change, setting goals, becoming confident, removing doubt, improving relationships, managing stress, and achieving optimal mental well-being and overall health.

A fun fact, Teresa is an identical twin sister, Karla, and together founded the LRJ Foundation. She has three amazing daughters, and for fun enjoys fitness training, cooking, and traveling.

Teresa Ruspi with TR Consulting and the LRJ Foundation has established a collaboration with In It Together, May 2021 and looks forward to making a difference together.