THERESA CUMMINGS

Facilitator and Coach

EXPERIENCE

23+ Years

EDUCATION

Webster University
M.B.A. Business Management

University of South Carolina
B.S.M.E. Mechanical Engineering

TRAINING AND CERTIFICATIONS

The Five Behaviors®
Certified Practitioner

Everything DiSC®
Certified Practitioner

Facilitator for High-Performance Work Organizations
Development Dimensions International

Inside Out Coaching Facilitator

ABOUT

Theresa Cummings is an enthusiastic and results-oriented leader with 23 years of experience in operations and professional development. She excels in driving performance and exceeding goals by developing people at all organizational levels. Her diverse expertise spans training and organizational development, coaching, human resource management, project management, quality systems, and manufacturing processes.

Theresa gained manufacturing experience managing projects that focused on process-based initiatives, significantly improving productivity and employee morale. In her role at Harley Davidson Motor Company, Theresa was ranked in the top 5% of facilitators, completed over 2,000 hours of leadership training, and facilitated over 1,500 hours of workshops.

As the Human Resource Director of Training & Organizational Development for Simmons Bedding Company, she managed a $3-million training budget, created a fun and interactive training strategy, and developed in-house trainers across 22 facilities. Her efforts contributed to Simmons being named to Fortune's 100 Best Companies to Work For for the first time in their history.

As an independent consultant, Theresa has worked with major companies like AT&T, Comcast, GE, Boeing, Honda Manufacturing, NASA, BMW, Synchrony Financial, and New York Life Insurance. She has facilitated courses on conflict resolution, emotional intelligence, situational leadership, diversity & inclusion, generational differences, and communication skills, and is experienced in Kaizen/Lean manufacturing process improvement. Theresa is currently an independent contractor for FlashPoint.