

Teena Dietz Biography

Teena Dietz, Intentional Serenity Founder, is an inspiration to her team and women across the United States and Canada.

Dietz says her business is a way of life . . . one that she's been practicing since she was a little girl. A self-defined "list maker," she knew early on she wanted to help people and making those lists was a surprisingly effective way to do that.

Raised and educated in Edmonton Alberta Canada, she is a registered nurse and holds a Master's of Arts degree in Psychology and Counseling. Dietz' counseling of cancer patients during nursing school, set her on a path to discover what "intentional serenity" was for her patients, herself – and ultimately, what it could be for others.

Teena uses her clients' wishes to help them grow, change, challenge themselves and ultimately reach their goals. Whether it is spiritual growth, physical change, relational progress or vocational success, Teena has helped hundreds of men and women live with intention.

How she turned those to-dos into "ta-dahs," using what she dubbed an "intention list," became the brainchild behind Intentional Serenity. She and her team firmly believe in the simple act of speaking and writing down dreams and desires. But it doesn't stop there. Dietz urges her clients to actively engage themselves in "intention work" each day. "If we discover our purpose or passions and write them down, but don't keep them top-of-mind, our likelihood of achieving them goes down considerably," she says. "On the other hand, if we write them down and revisit them daily – even wear them, we put more of our energy into them and that is really powerful," says Dietz.

Now, incorporating intentions into daily living, Intentional Serenity's inspired products give way to wearing our hearts on our sleeves, literally. Customized t-shirts, mouse pads, journals, hats and even a line of teas are available. "We want to empower people to believe in themselves and pass that joy onto others," says Dietz.

Teena came to the United States in 1996 to work in oncology. She found a job at Methodist Hospital in Minneapolis, where she began her counseling work. She has a zest for life that is infectious and her gentle approach to conversation, makes it easy to see why people, patients or not, open up to her. Dietz keeps busy with the day-to-do operations of Intentional Serenity, speaking to churches and large groups, counseling clients and developing new products, but she says one of the most rewarding parts of her job is helping all women, despite their circumstance. She is grateful to be able to work with the women of various Twin Cities' women's shelters.

Teena lives in a suburb of the Twin Cities with her husband, Bill and their two children, Alexie and Jack.