Teresa J. Rasmussen
President and Chief Executive Officer

Teresa (Terry) Rasmussen is president and chief executive officer of Thrivent, a Fortune 500 diversified financial services organization. She is a member of the Thrivent Board of Directors and serves on its Governance and Executive committees.

Thrivent offers advice, insurance, investments, banking and generosity products and programs to clients in communities across the United States. Under Rasmussen’s leadership, Thrivent is transforming into a holistic financial services organization, helping current and future generations achieve financial clarity, enabling lives full of meaning and gratitude.

Before her current role, Rasmussen was president of Thrivent’s core life, health and annuities business after serving 10 years as senior vice president, general counsel and secretary. Prior to joining Thrivent, Rasmussen held a series of leadership roles at American Express, including serving as vice president and managing counsel. Earlier in her career, she was a trial attorney with the United States Department of Justice, Tax Division, as part of the Attorney General’s Honors Program.

She is on the American Council of Life Insurers Board of Directors where she serves on the Executive, Finance and Compensation, and Internal Compliance committees and co-chairs the Steering committee on Consumer Issues. Rasmussen is an independent member of the board of directors for H.B. Fuller Company, a $2.9 billion global adhesives and specialty chemical products company, and serves on the Audit and Governance committees of the board. Rasmussen is also on the board of the Walker Art Center, a world-renowned contemporary art museum in Minneapolis, where she serves as a member of the Audit and Finance committees. She previously served as a board member for the International Cooperative and Mutual Insurance Federation (ICMIF).

Rasmussen received her bachelor’s degree in accounting from Minnesota State University at Moorhead. After passing the CPA exam, she earned her Juris Doctor from the University of North Dakota.

She is married to Jon Trangsrud, and they have two adult children.

About Thrivent

For over 100 years, Thrivent has been helping people build their financial futures and live more generous lives. Today, Thrivent is a Fortune 500 diversified financial services organization committed to providing advice, investments, insurance, banking and generosity programs and solutions to help people make the most of all they’ve been given.

For the last 12 years, Thrivent has been named as one of the World’s Most Ethical Companies® by Ethisphere. As of Dec. 31, 2022, Thrivent had $162 billion in assets under management and advisement, and total revenue of $9.4 billion.

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