

Meet Rita:

Rita is a **dynamic Stress Management Educator** and the **engaging Simple Self-Care Expert** behind the book **"Simple Self-Care Saved Me"**.

With **over 35 years in healthcare**, Rita **connects** with audiences through her **down-to-earth style**, **sharing** her powerful yet straightforward philosophy of **keeping it simple**.

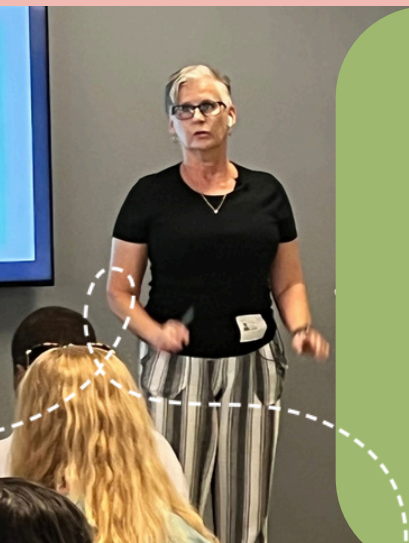
Rita **offers practical** and **easily implementable** self-care **strategies** and attendees will **leave with actionable tools** to **reduce stress**, **prioritize their well-being**, and **be more productive**.



How Is Stress Affecting YOUR Bottom Line?

How much is stress costing your company? Stress could be silently draining your profits! Burnout, absenteeism, and staff turnover cost your business more than you realize.

Rita provides, not only a **better understanding** of **stress** itself, AND also a **variety of easily implementable, simple stress-busting strategies**. Does your company need more energy, more focus, more success? Don't let stress dictate your bottom line.



Taming Your Tigers... Don't Let Stress Devour You

Learn to **differentiate** between what you **can control** and **what you cannot**, empowering you to **take actionable steps** towards a **balanced mindset**.

By the end of this session, you'll have **practical strategies** to **reduce your stress load** and mitigate its **negative effects** on your health, paving the way for a **more vibrant, resilient you**. Embrace the journey to **reclaim** your **well-being** and **thrive amidst life's challenges**!



SCAN ME!



Learning to Bend, NOT Break... Stay Grounded

Discover how **stress uniquely manifests** in your life and the **profound impact** it can have on your **overall well-being**.

Learn to **recognize the signs of stress** and **unlock the power of self-care** as a transformative, accessible, and enjoyable tool for **alleviating stress**. Join us to explore **practical strategies** that can **seamlessly integrate** into your daily routine, empowering you to reclaim your peace and thrive in a **balanced, healthier lifestyle**.



Strategic, Scientific Stress Taming Topics: The Power Of... Series

- The Power Of **Getting It Out of Your Head...journaling**
- The Power Of **Movement... simple stretches & tools to get YOU moving!**
- The Power of **Saying it Out Loud... positive affirmations**
- The Power of **Imagination... creative visualizations & guided meditation**

What are They Saying about Rita:

Rita spoke at our **women's self-care event** with an **audience** of about **100 attorneys** who work in **high stress positions** for **corporations all over the world**.

The women were **deeply inspired** by **Rita's personal testimonials, experiences and advice** on how to **balance and improve life** using personal **self-care**.

Everyone was **appreciative** of her **book** in order to **refer back** to the **suggestions and techniques** on an **ongoing basis**. We hope to **use Rita again** for other **events**.

Lynn Huonker

Senior Managing Counsel at Oracle America, Inc.
Executive Board Member of the Charlotte, NC Chapter
of the Association for Corporate Counsel

I love **Rita's weekly simple self-care motivation tips!** Every Tuesday, I can expect a cheerful chime from Rita with a **gentle reminder to make myself a priority**. This nudge has **encouraged me** to take a deep breath when I'm faced with **adversity personally and professionally**.

Jia Lin-Bothe

Director of Family Empowerment
SchermCo Foundation



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