Raising CALM™
The Practice and Power of Pause

SPEAKER & FACILITATOR

Rita Ricks

Transformation Expert
Creator of RAISING CALM™



What does it feel like to be on the receiving end of you?

The pressure you carry can enter the room before you say a word. Your PAUSE can change what happens next.

Rita guides leaders, educators, parents, and women carrying many roles. She helps them recognize the pressure they carry, reconnect with themselves, and PAUSE before a reaction becomes a regret.

Non-religious, inclusive, and awareness-based.

A PRACTICE THEY CAN USE

• Recognize how pressure shapes their tone, choices, and impact on others.

• Practice PAUSE with a real situation at home or at work.

• Leave with one intentional response to try in a relationship that matters.

WISDOM. CANDOR. GUIDED PRACTICE.

Rita brings 41 years in business, 15 years as a middle school teacher, and a master's degree in Adult Education. Her guided experiences combine silence, reflection, powerful questions, and real-life practice.

ONE PRACTICE. THREE PATHWAYS.

Leading From Within
Leaders and teams: listen with intention, navigate difficult conversations, and build trust.

Awareness Before Reaction
Parents and educators: recognize triggers and practice the responses they want to model.

The Inner Awareness
Women: notice what they carry, reconnect with themselves, and choose how they show up.

"Rita's deep observations, powerful questions and endless empathy put her in a league of her own."

KATHERINE WINTSCH
CEO, The Mom Complex

Bring RAISING CALM™ to your next gathering.

45–60 minute keynotes • 2-hour guided experiences • Multi-session series

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PAUSE changes what happens next.