

Workshops, Coaching & Consulting

Guiding leaders from performance into presence.

Clara Ritger

clara@adventuretoawaken.com

www.adventuretoawaken.com

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Bio

Clara Ritger is an Emmy Award-winning filmmaker, speaker, and trauma-informed meditation and somatic movement teacher (RYT-500) who helps leaders and teams access clarity, make aligned decisions, and navigate uncertainty through embodied awareness.

After a decade creating documentaries, branded content and corporate video for NBC News, The Wall Street Journal, and Fortune 100 companies — including coaching C-suite executives on camera presence — Clara saw that the most important leadership challenges aren't technical. They're internal.

Her work now focuses on helping leaders move from reactivity into reflection: accessing inner clarity through mindfulness and somatic awareness, navigating uncertainty without losing themselves, and leading from a place of emotional and embodied intelligence rather than performance.

Her perspective is shaped both by her professional training and her personal experience of burnout and years of unexplained chronic illness — an experience that led her to the practices she now teaches.

Signature Workshops

1) What the Body Knows: Somatic Intelligence for Better Decision-Making

We're trained to rely on data and logic, but ignore the body's signals — often at the cost of clarity and alignment. This workshop teaches leaders how to read and regulate their nervous system in real time, so they can make decisions from grounded awareness rather than stress.

2) The Power of Perspective: Rewriting the Story That Wasn't Yours

The internal stories people carry about who they are and what's possible quietly shape how they lead, make decisions, and grow. This workshop helps participants identify and rewrite those narratives, and anchor new perspectives not just cognitively, but in the body — where lasting change actually takes hold.

3) Difficult Conversations: Why They Go Wrong and How to Keep Them On the Right Track

Most difficult conversations fail because leaders enter them with conclusions instead of curiosity. This workshop builds awareness in leaders to navigate conversations with openness and compassion.

Offerings Include: Workshops, Talks, Coaching and Consulting

clara@adventuretoawaken.com · +1-202-420-9070 · www.adventuretoawaken.com

Workshop 1: What The Body Knows

Somatic Intelligence for Better Decision-Making

Summary

We make hundreds of decisions every day. We trust data, expertise, and experience—but we routinely ignore the most immediate source of information available to us: the body.

Research shows that somatic signals — the gut feeling, the physical tension before a bad decision, the ease in the body when something is right — are not noise, and they're not woo-woo. They are data. Leaders who learn to read them make faster, more confident decisions and recover from stress more efficiently.

The challenge is that most people don't know how to listen to the body, nor interpret its signals accurately — especially under pressure.

In this workshop, RYT-500 meditation teacher and embodied leadership coach Clara Ritger draws on her training in trauma-informed nervous system regulation and somatic movement to give your team a practical framework for accessing the body's intelligence under pressure.

Participants will explore the difference between making decisions from states of stress and regulation, and learn how to regulate the nervous system in real time. They'll leave with concrete tools for distinguishing fear-based reactivity from genuine intuition, and know how to access clarity for decision-making moving forward.

Outcomes

- Recognize how uncertainty impacts the nervous system — and why it leads to reactivity and short-term thinking
- Stay grounded and think clearly under pressure
- Understand why presence and regulation are becoming the defining leadership advantage in the age of AI
- Lead teams through ambiguity without transferring stress or bottleneck change
- Build trust and stability even when answers aren't clear

Format

90–120 minute interactive session with guided somatic practices (in-person or virtual)

Workshop 2: The Power of Perspective

Rewriting Your Story to Unlock Your Potential

Summary

Every person on your team is operating from a set of internal narratives about who they are, what they're capable of, and what's possible for them — most of which were formed long before they had the awareness to question them.

Those narratives shape behavior, decision-making, and leadership style. And when they go unexamined, they quietly limit performance, confidence, and growth.

This workshop makes those stories visible, examines what they're costing, and gives participants a structured process for rewriting them — anchoring those shifts not just cognitively, but somatically.

Outcomes

- Identify at least one underlying narrative driving behavior and self-limitation
- Build awareness around how this narrative shows up in leadership and team dynamics
- Learn a repeatable process for rewriting limiting internal stories
- Anchor new perspectives through somatic awareness of how thoughts land in the body, increasing follow-through toward change
- Surface and shift any team-level narratives that limit collaboration, innovation, and performance
- Create shared language for how stories and assumptions shape team dynamics and outcomes
- Explore simple practices the team can integrate to bring compassionate awareness when unhelpful stories arise

Format

90–120 minute interactive session with guided writing, somatic practice, and reflection (in-person or virtual)

Coaching

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Embodied Leadership & Presence Coaching

For executives, founders, and high-achievers who are technically strong but sense a gap in how they lead, communicate, or show up — this work focuses on what strategy alone can't address.

Drawing on a decade of coaching executives on presence and communication, alongside training in meditation, somatic movement and trauma-informed coaching, Clara helps leaders develop the internal capacity to stay grounded under pressure, access clarity, and lead from a place that feels present rather than performed.

Engagements are tailored and may include:

- Authentic voice and communication
- On-camera presence
- Nervous system regulation tools for high-demand environments
- Meditation for grounding and intuitive knowing
- Leading from clarity rather than chronic stress
- Navigating people problems and challenging conversations with new frameworks and perspectives

Format: Ongoing 1:1 engagement, scoped individually. Delivered in-person or virtually.

*"True to her name, Clara brought clarity to a business decision I had been ruminating over — within minutes of our first meeting."
-L.H.*

Consulting

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Sabbatical & Extended-Leave Integration

Most sabbaticals end one of two ways: the person returns recharged and re-engaged, or they return changed and quietly planning their exit.

The difference is rarely the sabbatical itself — it is the intentionality going in and the integration support coming out.

For organizations investing in sabbaticals or extended leave programs (including parental), the cost of poor integration is real: lost institutional knowledge, reduced engagement, and accelerated attrition from experienced people who came back different and found no place for who they had become.

Clara works with individuals and organizations at both ends of the employee's leave:

- **Pre-sabbatical - Intention:** 1:1 coaching with the employee to clarify what they are going toward — not just what they are leaving — so that the time away is used with intention.
- **Post-sabbatical - Integration:** 1:1 coaching with the employee using somatic tools to process what shifted, navigate what has changed, and honor who they have become.
- When necessary, she facilitates honest conversations with the employee and their superiors about fit, needs, and workplace adaptability before the conversation becomes a resignation.

Format: Available as individual pre- and post-sabbatical coaching, manager preparation sessions for supporting returning employees, or as an integrated program designed in consultation with HR leadership. Delivered in-person or virtually.

Organizational Culture & Personnel Consulting

For organizations navigating people problems that keep recurring despite good intentions — this work helps leaders and teams see what's actually driving behavior, and respond in ways that build trust rather than compound the problem.

Engagements are scoped individually based on organizational need.

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Organizations Typically Seek Clara For:

- Leadership off-sites and executive retreats where teams need to reset, reconnect, and think clearly about what's next
- Corporate wellbeing programs focused on sustainable performance rather than surface-level stress management
- Leadership development that builds regulation, presence, and authentic communication alongside technical skill
- Periods of organizational change or uncertainty where leaders need tools to stay grounded and bring their people with them
- Executive coaching for high-performers who feel a gap in how they lead, communicate, or show up
- Sabbatical and extended-leave programs where thoughtful reintegration can prevent quiet attrition



Next Step... Get In Touch!

Every engagement is designed around your organization's specific needs, culture, and goals.

Clara works with a small number of organizations at a time to ensure depth over volume.

The best first step is a conversation about what you or your organization needs most.

Clara is also available as a keynote speaker and retreat facilitator. Reach out to request her Speaker Deck.

For consulting and coaching availability -- or to inquire about a specific workshop or talk -- contact Clara:

clara@adventuretoawaken.com