

Speaking

Talks that move people — from reactivity into clarity.

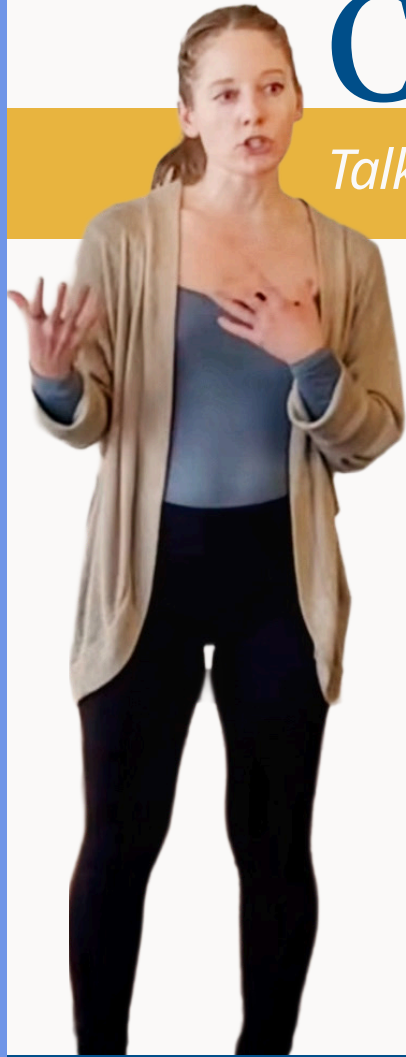
Clara Ritger

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Bio

Clara Ritger is an Emmy Award-winning filmmaker, speaker, and trauma-informed meditation and somatic movement teacher (RYT-500) whose work explores how embodiment helps people live and lead from clarity, compassion, and confidence while navigating uncertainty and transition.

After a decade directing 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 Talks

1) Leading Through Uncertainty: How to Stay Present When Everything Is Changing

Uncertainty doesn't just create strategic challenges — it disrupts the nervous system, making leaders reactive when they need to be clear. This talk shows how to stay grounded, present, and effective in the midst of constant change.

2) The Misread Room: What Leaders Get Wrong About Their People Problems

Most leaders try to solve their "people problems" at the level of behavior, missing what's actually driving it. This talk introduces a framework of compassionate curiosity that helps leaders respond in ways that build trust and real change.

3) From Surviving to Living: Tools to Heal and Ignite Your Purpose

Many high-achieving people are operating in survival mode without realizing it — staying busy, successful, and disconnected at the same time. This talk combines personal story with guided somatic practices to help audiences slow down, reconnect with themselves, and rediscover what it might feel like to live from their truth.

Talk 1: Leading Through Uncertainty

How to Stay Present When Everything Is Changing

Summary

Uncertainty doesn't just create strategic challenges — it dysregulates the nervous system. And when leaders are dysregulated, decision-making, communication, and trust all break down.

In today's environment of constant change, the leaders who succeed aren't the ones with the best plans. They're the ones who can stay clear, grounded, and present while everything around them is shifting.

This talk shows leaders how to do exactly that.

Audience Takeaways

- 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

Ideal For

Leadership conferences, executive programs, organizational transitions, AI-focused events

Format

60–90 minute keynote or interactive session with somatic practices

In the dynamic modern world, uncertainty is the only certainty.

This talk shows how to lead effectively within it.

Talk 2: The Misread Room

What Leaders Get Wrong About Their "People Problems"

Summary

Most leaders are trying to solve “people problems” at the level of behavior. But behavior is the symptom — not the source.

When a team member shuts down, lashes out, or disengages, the default response is correction, control, or consequence. But those responses often miss what’s actually happening — and can make the problem worse.

This talk introduces a different approach: reading behavior through the lens of compassionate curiosity. When leaders learn to ask “What might this person be navigating, and what support do they need?” instead of “How do I fix this?”, they create the space for real change.

Audience Takeaways

- Recognize behavior as a signal, not just a problem to manage
- Replace blame and control with curiosity and accurate interpretation
- Understand how stress and threat responses shape workplace behavior
- Respond to challenges in a way that builds trust, accountability, and growth

Ideal For

Leadership conferences, executive teams, HR and people operations, organizational culture initiatives, founder communities

Format

60–90 minute keynote or interactive session with real-world examples

When leaders expand their capacity to see what's actually happening in the room, individual obstacles become opportunities to build a stronger, more effective team.

Talk 3: From Surviving to Living

Tools to Heal and Ignite Your Purpose

Summary

Many high-achieving people live in a constant state of forward motion — calling it ambition, discipline, or success — without realizing they're operating in survival mode.

Over time, that disconnection shows up as burnout, chronic stress, and a quiet sense that the life they've built doesn't fully fit.

This talk explores what it actually takes to shift out of survival mode and reconnect with a way of living that feels present, alive, and true.

Drawing from her own experience of burnout and chronic illness while successfully running her own business in New York City, Clara combines personal story with guided somatic and meditation practices — creating a direct experience of what it feels like to slow down, listen inward, and reconnect with yourself in real time.

Audience Takeaways

- Understand the physiological impact of chronic stress and survival mode
- Experience guided practices that support regulation, awareness, and reconnection
- Explore what it would feel like to live fully aligned with their truth
- Access clarity around decision-making in their work and life

*This is not just
a talk about
transformation
— it's an
opportunity to
begin
experiencing it.*

Ideal For

Leadership retreats, corporate wellbeing programs, wellness and mental health events, creative conferences, university audiences

Format

60–90 minutes with guided practices and optional Q&A

Speaking Style & Past Experiences

Clara brings her film expertise to the stage — which means she knows how to find the story inside the story, hold a room's attention, and create the conditions for something real to happen. Her talks are grounded in lived experience and structured around practices that move audiences from passive listening into active felt experience.



"Clara's way of being is an invitation into authenticity and presence. She speaks her truth in a way that made me feel less alone."
-Kyle R.

"Soft power is how I would describe Clara. Her posture, her truth, so embodied..."

She is a powerful demonstration of humanity, compassion, and courage — and with a remarkable journey to share."
-Melanie B.



Additional Talks

4) Nervous System First: How to Heal Burnout and Build a Life You Don't Want to Escape

Burnout isn't a mindset problem — it's a nervous system problem, and the path out starts in the body. This talk shows leaders how to recognize chronic stress patterns and use simple, in-the-moment practices to restore clarity, energy, and sustainable performance.

5) What Happens When You Let Your Life Fall Apart: Why the Breakthrough Often Looks Like a Breakdown

What feels like falling apart is an opportunity to acknowledge a truth that's been waiting for you to see it. This talk explores the courage it takes to stop holding everything together — and what becomes possible when you rebuild from what's actually true.

Detailed summaries of both talks available on request.

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Why Book Clara

Clara doesn't just talk about transformation — she creates the conditions for it in the room. Audiences leave not only with new ideas, but having felt something shift.

Her background as an Emmy Award-winning documentary filmmaker means she knows how to find the story inside the story, hold an audience's attention, and build toward a moment that actually lands. She uses her training as a meditation and somatic movement teacher to guide audiences through science-backed practices that help regulate the nervous system and create lasting changes in how people think, feel, and lead.

She is particularly effective with audiences who are high-achieving and ready for change — people who can feel they've outgrown the way they've been operating and are open to a new perspective.

She embodies a model of leadership and wellbeing that doesn't ask people to abandon their intelligence or their ambition, but instead invites them to lead from a more grounded and authentic place.

Next Step... Get In Touch!

Clara's work sits at the intersection of story, science, and embodied practice — leaving audiences feeling informed and inspired to integrate what they've learned.

If you are curating an event where that kind of engagement would matter, let's start the conversation. All talks can be customized to your audience, theme, and format.

For speaking availability or to inquire about a specific talk, reach out to Clara:

clara@adventuretoawaken.com

Clara is available for keynote talks, fireside conversations, panel moderation, retreat facilitation, and workshop sessions.

