

Workshops, Coaching & Consulting

Guiding leaders from performance into presence.

CLARA RITGER



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performance into presence.*

Clara is an Emmy Award-winning filmmaker, RYT-500 meditation and somatic movement teacher, author and speaker. After a decade directing for NBC News, the Wall Street Journal, and Fortune 100 Companies, she now focuses on empowering leaders with embodied and emotional intelligence in the age of AI.

WORKSHOPS

What The Body Knows

Somatic intelligence for leaders to make better decisions under pressure.

The Power of Perspective

Rewriting internal narratives that limit performance and growth.

Difficult Conversations

Navigating high-stakes conversations where curiosity drives change.

COACHING & CONSULTING

Embodied Leadership Coaching

1:1 presence and communication work for executives and founders.

Sabbatical Integration

Pre- and post-leave consulting to protect retention and re-engagement.

Culture Consulting

For organizations navigating recurring people problems.

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About Clara

As AI takes over more analytical work, the human skills that matter most in high-stakes moments — calm, clarity, compassion, confidence — are becoming the real competitive advantage. And those aren't performance skills. They're embodied ones.

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.

What The Body Knows

Somatic Intelligence for Better Decision-Making

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.

When a leader learns to regulate rather than react, the entire team feels it.

In this workshop, Clara 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.

Tools To Access Clarity

Learn to read your body signals and regulate the nervous system in real time.

Practice Decision-Making

Experience the difference between responding and reacting.

Build Capacity for Uncertainty

Lead through change without transferring stress to your team.

WORKSHOP 2

The Power of Perspective

Rewriting Your Story To Unlock Your Potential

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.

Until you make the unconscious conscious, it will direct your life and you will call it fate. — Carl Jung

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Identify Limiting Beliefs

Surface individual and team narratives that shape behavior, collaboration and innovation.

Practice Compassionate Awareness

Feel how thoughts land in the body, and explore how different language impacts the team.

Anchor New Perspectives

Rewrite one story, and learn a repeatable practice to release unhelpful narratives and embrace change.

90–120 min · In-person or virtual · Interactive · Writing & Guided somatic practices

COACHING

Embodied Leadership & Presence

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

Develop and strengthen your unique qualities and story.

Communication

Navigate difficult conversations with new frameworks.

Meditation

Access clarity, calm, and intuitive decision-making through mindfulness.

Nervous System Regulation

Learn a toolkit for high-demand environments.

Somatic Awareness

Lead from embodiment rather than chronic stress and reactivity.

On-Camera Presence

Perform without performing and build trust through authenticity.

Ongoing 1:1 engagement · Scoped individually · In-person or virtual

Sabbatical & Extended Leave Integration

213% of annual salary

what it costs organizations to replace a departing senior leader

Center for American Progress

1 in 5

the number of employees who leave their company after taking extended leave

The Sabbatical Project

Half

of all parental leaves lead to team burnout, *and half* of all women returning from leave report negative experiences

Parentaly

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

- 1:1 coaching to clarify what the employee is going toward, and setting intentions for the time away.
- Team conversations to ease transition and prevent burnout.

Post-Sabbatical

- 1:1 coaching to process what shifted, navigate what has changed, and honor who the employee has become.
- Management conversations to address needs and workplace adaptability, before the employee resigns.

Available as individual 60 min coaching sessions, or as an integrated, customized HR program with employees and teams · In-person or virtual

WELLNESS SESSIONS

Guided Meditation

For organizations looking to add regular meditation and mindfulness to their wellness programming, Clara offers 30 and 60 minute guided meditations, and a four-week course (90 minutes each week) to empower employees to learn and integrate a meditation practice into their life.

WORKSHOP 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.

CONSULTING

Organizational Culture

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.

Additional details about all offerings provided upon request.

Organizations 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

WHAT PEOPLE SAY

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

— L.H.

Let's start with a conversation.

Every engagement is designed around your organization's specific needs. Clara works with a small number of organizations at a time to ensure depth over volume.

GET IN TOUCH
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