

Speaking

Talks that move people from reactivity into clarity.

CLARA RITGER



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*Talks that move people
from reactivity into clarity.*

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.

Leading Through Uncertainty

How to stay present, grounded and effective when everything around you is shifting.

From Surviving To Living

The story of Clara's journey toward embodiment after chronic illness, and guided somatic practices to help audiences reconnect with their inner truth.

Let Your Life Fall Apart

Why the breakdown might actually be the breakthrough.

The Misread Room

Why leaders misread their people problems — and how compassionate curiosity creates change.

Nervous System First

How to recognize burnout as a nervous system problem and use in-the-moment practices to restore clarity and sustainable performance.

About Clara

The most important thing happening in any room isn't on the agenda. It's in the nervous systems of the people sitting in it. That's where Clara works.

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 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.

TALK 1

Leading Through Uncertainty

How to Stay Present When Everything Is Changing

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.

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.

This talk is ideal for leadership conferences, executive programs, organizational transitions and AI-focused events.

Why Uncertainty Is Destabilizing

Understand the science of how humans are wired, and why change feels so hard.

Regulate to Respond

Experience somatic practices that will help you respond rather than react.

Lead Teams Through Change

How to build trust and stability, even when answers aren't clear.

60-90 min · In-person or Virtual · Keynote or Interactive · Guided somatic practices

The Misread Room

What Leaders Get Wrong About Their "People Problems"

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.

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.

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.

Behavior As Survival

How the workplace is the ultimate trigger of stress responses — and how to recognize when it's happening.

Compassionate Curiosity

Learn a new framework for navigating team dynamics without resorting to blame and control.

Build Trust, Foster Growth

The science behind why changing your response can create the conditions for team behavior change.

Ideal for leadership conferences, executive teams, HR and people operations, organizational culture initiatives and founder communities.

TALK 3

From Surviving to Living

Tools To Heal And Ignite Your Purpose

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.

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

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.

This talk is a fit for any audience where wellbeing, purpose, and/or burnout are central to the conversation.

Recognize Chronic Survival Mode

The physiological impact of chronic stress, survival mode, burnout and the demands of modern work.

Practice Regulation In Real Time

Experience guided practices that support reconnection, awareness, and healing.

Access Clarity for Big Decisions

Explore somatic meditation and what it would feel like to live in full alignment with your truth.

60-90 min · In-person or Virtual · Keynote or Interactive

TALK 4

Nervous System First

How To Heal Burnout And Rebuild Your Life

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.

TALK 5

Let Your Life Fall Apart

What Looks Like A Breakdown Is Often The Breakthrough

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.

WHAT TO EXPECT FROM ANY TALK

Captivating Stories

Clara knows how to find the story inside the story, hold an audience's attention, and build toward a moment that actually lands.

Science + Embodied Practice

Audiences experience practices that create lasting changes in how they think, feel, and lead.

Additional details about all talks available upon request.

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.

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 looking for a new path forward.

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.

PAST CLIENTS



WHAT PEOPLE SAY

"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."

— MELANIE B.

Reach out for speaking availability.

All talks can be customized to your audience, theme and format. Clara is available for keynote talks, fireside conversations, panel moderation, retreat facilitation and workshop sessions.

GET IN TOUCH

clara@adventuretoawaken.com
www.adventuretoawaken.com

+1-202-420-9070