



**The  
Deliberate  
Leader.**



**Speaker Kit**

# About Rita

Rita provides thought provoking, practical keynotes and speeches that energise and inspire change.

As a Leader for over two decades, including a decade at the c-suite level, Rita understands drivers of performance at the individual and team level. Rita's experience spans across different businesses, industries and levels of the organisation, including Board level.

A trusted advisor to Executives, Chairs of Boards, and Senior Leaders, Rita shares her practical approach with audiences in an accessible and inclusive way.



Individual and team performance is where I spend most of my time. I step into the role of helping you and your team to feel greater fulfilment. I'll help you to define what fulfilment means to you and then together we will set a path to get you there.

I help people to live better, work smarter and be authentic. It takes less energy to be yourself, and it builds trust. Trust is my core principle.

My clients describe me as innovative and pragmatic. My family tell me I'm nurturing and impatient. How would I describe myself?

An eternal optimist curious about different perspectives.

# Speaking Topics



## Lead Like a Human in the Age of AI

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- AI can't replicate empathy, trust, or purpose.
- Balance data-driven precision with human-centred judgment.
- Lead with values when the landscape is uncertain.

In a world increasingly shaped by technology, leaders risk losing the human touch.

This keynote explores how to maintain authentic connection and ethical decision-making amidst AI-driven change. Rita guides participants through practical strategies to harness technology without sacrificing empathy, intuition, or trust. Attendees leave equipped to make human-centred decisions, inspire teams, and lead deliberately in a rapidly evolving landscape.



Rita Cincotta | SPEAKER • AUTHOR • FACILITATOR • COACH • NON-EXECUTIVE DIRECTOR

## The Energy Equation: Leading with Clarity, Capacity and Calm

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Energy management is the new time management.
- Rest and reflection are performance multipliers.
- High-energy leaders create high-performing teams.

How you manage energy determines how you lead. In an era of relentless pace, leaders are burning out faster than ever.

This session helps participants build awareness of their personal energy curve and shows how to lead teams with sustainable focus and momentum.

Participants explore how deliberate pauses, reflection, and energy-conscious decision-making drive individual and team performance. Leaders leave with strategies to maintain clarity, avoid burnout, and lead with calm confidence.

## The Deliberate Leader: Purpose, Presence, and Performance

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Self-awareness is the foundation of deliberate leadership.
- Clarity and connection drive impact.
- Purpose isn't what you say – it's what you show every day.

Deliberate leadership is about intentional action, influence, and lasting impact.

In this presentation, Rita explores the interplay between energy, relationships, and performance. Leaders gain practical tools to align their actions with purpose, enhance presence, and amplify their impact.

Through guided reflection and actionable strategies, participants leave empowered to lead with clarity and create measurable results.



# Speaking Topics



## Trust at Speed: Leading in Times of Uncertainty

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Speed and transparency build trust in modern teams.
- Repairing trust is a leadership superpower.
- Trust drives engagement, alignment, and innovation.

Trust is the currency of modern leadership – and it’s earned faster than ever. In this session, Rita equips leaders to foster trust even under tight deadlines and complex change initiatives.

Through evidence-based strategies and real-world examples, participants learn to communicate with transparency, rebuild fractured trust, and create teams that remain aligned and engaged in high-pressure environments.

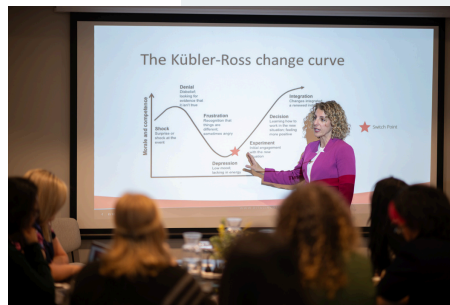
## The Adaptive Edge: Thriving Through Change and Complexity

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Complexity rewards curiosity, not control.
- Future-fit leaders experiment, learn, and iterate.
- Change agility fuels confidence and creativity.

Change is constant, and adaptability is essential. Rita uses systems thinking and behavioural science to help leaders embrace uncertainty with confidence. Participants learn to spot patterns, experiment safely, and respond strategically to complex challenges. Through interactive exercises, they leave with tools to make nimble decisions, foster innovative thinking, and build adaptability into their leadership practice.



# Speaking Topics



## Resilient by Design: Building Leaders and Teams that Last

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Resilience starts with self-leadership.
- Psychological safety enables performance under pressure.
- Strong leaders build stronger systems.

Resilience is more than bouncing back – it's growing stronger in the face of challenges. In this keynote, Rita equips leaders with tools to foster personal and team resilience, cultivate psychological safety, and maintain performance under pressure. Participants walk away with actionable strategies to strengthen themselves and their teams, ensuring they thrive in adversity and uncertainty.



## Work Well. Live Well. Lead Well.

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Well-being fuels creativity and courage.
- Boundaries are a leadership strength, not a weakness.
- When leaders thrive, cultures thrive.

Leadership success isn't measured by hours worked but by the quality of impact. Guiding participants to integrate professional ambition with personal well-being, leaders leave this session with practical approaches to manage boundaries, maintain energy, and cultivate sustainable habits. The result: more engaged teams, stronger culture, and leaders who can lead effectively without sacrificing themselves.



## From Ambition to Impact: Leading the Next Generation of Change

**Audience:** Emerging leaders, Experienced Leaders, Executive Leaders

**Key messages:**

- Purpose without progress is potential unrealised.
- Influence grows through collaboration, not hierarchy.
- Every leader can be a catalyst for change.

Future-focused leadership is about turning intention into action. In This presentation, Rita inspires leaders to translate purpose into measurable outcomes, foster collaboration, and drive collective momentum. Participants gain tools to move beyond ambition into tangible impact, influencing teams and organisations to embrace change proactively and sustainably



# What audiences say about Rita's presentations

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Rita's personality and her ability to connect is inspiring and thought provoking for her audiences. She covers a range of issues and provides direction towards solutions that are helpful and practical.

Rita's authentic style ensured immediate trust & confidence. Her deep academic knowledge, combined with her 'real world' business experience, helps clients and organisations tackle some of the biggest, most complex issues facing businesses today.

Rita is the quintessential People and Culture leader, Coach, and expert. Her thoughtful, practical, and knowledgeable approach puts her a clear step ahead of most presenters I've ever worked with.

With her contemporary knowledge and vast experience, Rita is an excellent 'people person'. Strategic, authentic, positive, practical, engaging and always 100% committed to achieving successful outcomes.

Rita brings an incredible energy and positivity into every conversation. She brings a depth of experience and thought leadership that is unparalleled.

The presentation style is warm, engaging, and inclusive and Rita has an ability to connect with audiences in a genuine, collaborative way.

All presentations can  
be delivered virtual or  
in-person

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Topics can be customised  
to suit your event theme  
and audience



# The Deliberate Leader.

Would you like Rita to speak  
at your upcoming conference  
or event?

## Get in touch

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