



Simple SELF-CARE by Rita

RITA K. GARNTO

Stress Management Expert
International Author

Imagine running your own business, being in your mid-40's, AND then becoming an instant Mom of TWO toddlers! Talk about stress overload!

Rita has a very unique skill set comprised of 20 years in the high-stress, high-acuity healthcare field as a Respiratory Therapist, including several years as part of the MedCenter Air trauma flight team, and 16 years as a private practice licensed massage therapist, BUT nothing could prepare her for the amount of stress she was now facing.

The survival of her mental and physical health along with her family's, depended on her finding a solution that worked. Being the high achiever she is, instead of looking for one, Rita created her own unique stress management system and in 2018 wrote a book about it. In 2020, her stress management system gained national recognition with a federal copyright of 42 pages of her material.

Her intimate understanding of stress based on her professional and personal experiences plus her education of how stress mentally and physically affects the body makes her THE stress management expert that professionals need today.

Rita has helped hundreds of women and men stress less in the workplace and increase productivity in this stressed-to-the-max world we know. Her purpose is to serve thousands more – including you and your company.

Rita resides in Charlotte, NC with her husband and daughters.

Presentation Descriptions:

Keep Stress from Being The Boss!

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Stress is sneaky. Before you know it productivity in your company is on the decline, sick time is on the increase, and profitability is sliding away. You are left shaking your head and wondering, "What is happening?" We are facing a global stress crisis like never before. Stress levels have skyrocketed with all the uncertainty, loss of control, and fear of the unknown created by the current landscape of life and business. Stress thrives on this kind of unstable environment and directly impacts productivity, profitability, and workplace environment. By learning simple ways to detect increasing stress levels and simple techniques to immediately reduce stress, you and your employees will be able to think clearer, make better decisions, and be more productive and effective resulting in an improved bottom line and work environment.

Key Takeaways:

1. Understand why stress contributes to negative outcomes in business
2. Learn to detect the signs of stress overload
3. Practice putting stress reducing solutions into immediate use

E.A.S.Y. Stress Management

Stress has become a buzz word, but what does it really mean and why does it affect the work environment and our health so badly? Life has gotten too complicated and we need simple solutions ... welcome to the 4 steps of E.A.S.Y. stress management.

Key Takeaways:

1. Learn the stress facts
2. Understand stress overload
3. Leave with simple stress management next steps

More Presentation Descriptions

Simple Techniques to Increase Productivity

Stress is silent and before you may realize it, important tasks are being missed or not getting done. Has an underlying apathy appeared in the workplace and taking too many breaks, watching aimless videos, or napping is the preference to getting the work done? Maybe the company's bottom line is starting to reflect a decrease in profitability due to the decrease in employee productivity?

This is NOT uncommon. These are all effects of stress overload. Learn how to easily start increasing your productivity with simple techniques that can slide into your day at regular intervals to increase focus and motivation.

Key Takeaways:

1. Why am I unproductive
2. Discover the truth about stress
3. Experience simple productivity increasing techniques



Creating Calm in the Chaos

Stress is silent and sneaky and can create chaos in an instant. Moments of calm seem so rare these days in the workplace or at home (sometimes the same place!) Who has time to create moments of calm? Fortunately, there is a simple, practical, and doable solution available. Learn how to turn chaos into calm in an instant. Apply this to work life and home life easily.

Key Takeaways:

1. Discover how stress overload leads to chaos
2. Learn to recognize the red flags of chaos
3. Experience moments of calm and how to recreate them anywhere



WHAT MY CLIENTS SAY!

Rita Garnto is an excellent event coordinator, ensuring our organization's needs were met for a requested presentation. She delivered a 30-minute self-care and stress management focused presentation at our staff meeting, providing tools and practical advice, exercises and hand-outs. Rita is very relatable, authentic and a great listener. Her message was right on point and she adapted to fit within our allotted timeframe perfectly. Employees even had the option of signing up for a self-care reminder text. Here's the feedback I received from one of our team members "in our hustle of everyday life, we somehow overlook self-care. . .It's nice to be reminded. I also got my first text this morning from Rita. This is going to be great!"

- Andrea I. Towner, Development Director,
Mental Health America of Central Carolinas

We had Rita speak to our group of Meeting Planners on managing stress. The overall message was very timely during the midst of a pandemic. She gave clear examples and solutions for managing stress and received very good feedback from attendees. I would use Rita again for sure!

- Alison Harding, CMP, CMM
Director of Events and Operations
Association Executives of North Carolina (AENC)

"We cannot thank Rita enough for the presentation to our audience at the UP NEXT! Virtual Business Summit. Rita really knew how to capture the audience's attention and keep the audience engaged. The presentation was timely and shared great tools and tips that small business owners could use right away to assist in getting the support needed and to grow their businesses. We look forward to and will be honored to have Rita present again in the near future"

- UP NEXT! Virtual Business Summit

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