

# RITA PEREA *Garden Speaker, Garden Writer*

Founder, International Contemplative Garden Association



**Rita Perea** is President and CEO of Rita Perea Leadership Consulting Associates. As an executive coach, leadership development trainer and keynote speaker, she shares her 25-plus years of experience with senior leaders in a wide range of industries. Additionally, Rita is certified as a Work-life Balance Specialist, a Master Cognitive Coach and a Spiritual Director, specializing in mindfulness in the workplace.

Through her Ph.D. studies, Rita developed a strong interest in garden design and plant therapy which led her to become certified as a Master Gardener and a member of the Garden Writers Association. As a garden designer, she specializes in creating calming outdoor spaces that encourage mindfulness and personal reflection. By combining her love of gardening with providing spiritual direction and leadership coaching to busy executives, Rita founded the International Contemplative Garden Association to foster a sense of community to promote mindfulness in the garden.

Rita is the author of the From Frantic to Fabulous: Transforming Your Work and Your World e-book series and is a contributing author to the popular Awakening the Workplace: Achieving Connection, Fulfillment and Success at Work (2008). She can be reached at [RitaPerea.com](http://RitaPerea.com), [ContemplativeGardens.org](http://ContemplativeGardens.org) and [RitaPereaGardenCommunicator.com](http://RitaPereaGardenCommunicator.com)

## Rita's Most Requested Presentations

### Gardening Mindfully

Mindfulness is the energy of being aware of, and awake to, the present moment. It is the continuous practice of touching life deeply. To be mindful is to be present and at one with what we are doing in each moment. Rita will help you learn the art of Gardening Mindfully — being truly present and connected moment-by-moment to the sights, sounds, smells and rhythms of the garden.

### Green Peace: Yoga and Other Happy Practices in the Garden

"Mindfulness is a source of happiness." Not only can we grow a garden, we can also cultivate the harmony of body, mind and beyond through our daily mindful practices in nature. With a relaxed and gentle attitude, an open mind and receptive heart, we can enjoy finding peace in the garden. Rita will inspire your garden connection through practices and activities which feed your soul.

### Plants Are My Prozac

Does life ever feel O.C — Out of Control? Our fast-paced, modern lifestyle can be challenging at best, and, at worst, downright depressing. It might be time to put down your devices and reconnect with nature. Move from frantic to fabulous by finding help as close as your flowerpots. Rita will share drug-free gardening techniques to help you find your wellbeing in work and life.

---

*"Rita's presentations are polished, professional and personable! I love them!"*

—Elvin McDonald, Author and Horticulturist

*"Rita is passionate about contemplative gardening and is a seasoned speaker with many years of experience in both business and education. During her presentations, Rita connects audiences with ideas that inspire and enlighten, sparking conversations about how to make gardening more reflective and soul-filling."*

—Kelly D. Norris, Author and Horticulturist

[www.RitaPereaGardenCommunicator.com](http://www.RitaPereaGardenCommunicator.com) 515-577-5666 [Rita@RitaPereaGardenCommunicator.com](mailto:Rita@RitaPereaGardenCommunicator.com)



INTERNATIONAL  
CONTEMPLATIVE  
GARDEN ASSOCIATION  
*Sowing the Seeds of Mindfulness*



The Association for  
Garden Communicators