

*Rita
Cincotta*



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



Create more Deliberate Impact

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Intentional leadership drives results
- Being curious in how you influence is your most powerful tool
- Small shifts create big outcomes

Leadership today demands more than just decision-making and execution—it requires intentionality and purpose. In this engaging session, Rita Cincotta unpacks what it means to lead with deliberate impact, sharing actionable strategies to inspire, influence, and deliver meaningful results.

Whether you're an emerging leader or a seasoned executive, this session will equip you with the tools to maximise your leadership presence and create tangible, lasting outcomes for your teams and organisations. .



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

Tuning in - Self-Alignment for Deliberate Leadership

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Cultivate self-awareness for impactful leadership
- Harness the power of ego constructively
- The key to unlocking meaningful behavioural change

Self-alignment is essential for authentic and effective leadership. Yet, we're constantly encouraged to look outward rather than inward, missing the transformative power of self-discovery.

What if there was a way to meet ourselves again?
What if we could support ourselves with curiosity rather than criticism, and with love instead of shame?

This session explores ways to reconnect with ourselves, fostering a growth mindset that enhances our work, relationships, and sense of purpose. Drawing from the latest research on self-awareness, ego, and behavioral change,

Rita Cincotta offers powerful insights and strategies to help you unlock your best self and maximise your impact.

The Deliberate Leader

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Know who you are: embrace self-awareness and authenticity.
- Know what you are leading: align vision, strategy, and purpose with your team.
- Know who you are leading: understand your team, organisation, and stakeholders.
- Know why you are leading: clarify your purpose and future impact.

In this session, participants will explore the four essential tools for deliberate leaders enabling them to better navigate challenges.

They will examine who they are to deepen self-awareness, embrace authenticity, and strengthen their relationship with themselves.

They will reflect on what they are leading, ensuring their vision, strategy, and purpose align with their team for greater clarity and cohesion.

By understanding who they are leading, participants will learn to foster stronger connections with their teams, organizations, and stakeholders.

Finally, they will uncover why they are leading, grounding their leadership in purpose and exploring the impact they want to create.

By integrating these forms of knowing, deliberate leaders move beyond task management, to deeply understanding themselves and their teams, fostering genuine collaboration, adaptability, and a stronger sense of purpose in their leadership approach.

Speaking Topics



What's trust got to do with it?

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Understand the core trust principles in professional relationships
- Learn how to cultivate and maintain trust for lasting impact
- Identify common trust barriers and how to overcome them

"Trust arrives on foot, and leaves on horseback" – a powerful Dutch proverb that highlights how fragile trust can be. In this session, we explore the critical role trust plays in professional relationships and provide strategies for building and maintaining it over time. Attendees will gain practical insights on how to create an environment where trust is the foundation of collaboration, productivity, and sustainable leadership. We'll also discuss potential pitfalls that can erode trust and how to address them proactively, ensuring trust remains strong in all professional interactions.

The Resilience Advantage: Building a Stronger You and a Stronger Team

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Learn to build and sustain resilience
- Strengthen resilience in personal and professional realms
- Foster resilience in teams, families, and organisations

Resilience has become a critical skill in today's world, enabling individuals and teams to adapt, recover, and excel in the face of adversity. In this insightful session, Rita equips participants with practical tools and strategies to develop and maintain resilience across all aspects of life. Attendees learn how to thrive under pressure, handle challenges effectively, and build resilient networks, creating a foundation for lasting fulfilment and success.



Speaking Topics



Leading for Tomorrow: Adapting to the Future of Leadership

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Are you ready for what we need in leadership tomorrow?
- Developing tomorrow's leaders today
- Embrace continuous growth and adaptability

Leadership is rapidly evolving, and the leaders of tomorrow will need to be agile, visionary, and committed to ongoing development. This presentation delves into the changing landscape of leadership, exploring the essential skills and qualities that future-ready leaders must cultivate. Rita guides audiences through a journey of self-assessment and growth, preparing leaders at all levels to not only meet but exceed the demands of an ever-evolving world.

Work Well, Live Well: Elevating Both Sides of Life

Audience: Emerging leaders, Experienced Leaders, Executive Leaders

Key messages:

- Identify factors that influence well-being and fulfillment
- Implement practical improvements to reduce stress
- Foster a life with more joy, health, and satisfaction

Success in work and life is deeply interconnected – when we thrive in one area, the other naturally benefits. In this presentation, Rita guides participants in identifying key aspects that lead to working well and living well, with actionable steps to enhance overall satisfaction, reduce stress, and foster a positive mindset. The result is a renewed sense of fulfillment, joy, and balance, with reduced stress, anxiety and irritability.



What audiences say about Rita's presentations



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. ”

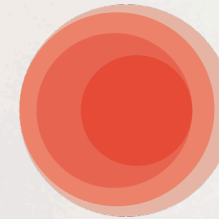
Rita brings an incredible energy and positivity into every conversation. She brings a depth of experience and thought leadership that is unparalleled. ”

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 conference
theme and audience



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

Get in touch

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