



## Rita Devassy

### *Train Your Attention*

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rita@devaseed.com  
630-890-1211

The event was the perfect thing to get everyone in the mindset for strategic planning later in the day.  
*-Kristi, Senior Counselor, Communication Infra. Grp.*



## Speaking Topics

### What Leaders Must Do To Be Present

In a world filled with distractions, learn how leaders can intentionally shift their attention to stay focused on what is most important to them.

### Stress That Helps And That Does Not

Stress has a role in work and play but it also can go undetected and unchallenged leading to health problems, fatigue, leadership ineffectiveness and a lack of engagement.

### What is Mindful Leadership?

A compelling overview of the neuroscience and practical applications of mindfulness in the workplace.

*\*Enquire about many additional topics.*

## Bio

Rita Devassy, the founder and CEO of Deva Seed LLC, is best known for helping C-suite executives dissolve stress without sacrificing well-being or performance.

Rita has a Bachelor's Degree in Business Management from Indiana University, a Bachelor's Degree in Computer and Information Science from Purdue University and a certificate in Authentic Leadership and Mindfulness Meditation Instructor Training from Naropa University in Boulder, Colorado

### *What people are saying:*

Rita led a workshop on practicing mindful leadership for a group of corporate women's network leaders, and the discussion that she facilitated and tools and tips that she shared were invaluable. Rita is able to drive high levels of engagement from participants and inspire action and positive change through her presentation style. *~Monica, COO, Technology Industry*

## Offerings

1 hour workshop

Keynote address

Half day seminar

Full day seminar

*Learn how to slow down and practice being present.*

*Bring a new kind of awareness, curiosity, and non-judgement to day-to-day stresses.*

*Improve your level of resilience. Practice self-awareness. This is the way to mindful leadership.*



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The learning benefit was very high immediately following the workshop.

*-Gaye, System Director  
Community Benefit, SCL  
Health*



Deva Seed LLC

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## Happy Clients

1. First Bank(2018)
2. Northrop Grumman 2018)
3. Food Bank of Central New York (2018)
4. Brisk Engineering (2018)
5. 2018 Society of Asian Scientists and Engineers National (SASE) Conference
6. 2018 CO IT Symposium
7. Feeding America Leadership Conference (2018)
8. 2018 Denver Nonprofit Institute Conference
9. Women of Mergers and Acquisitions (2018)
10. 2017 Colorado Technology Association (CTA) Women in Tech Conference

And there are many more!

## Testimonials

It helped us think about how mindfulness helps with communication and creating stronger relationships between team members-which in turn helps us work better together, building trust, and overall benefitting the organization as a whole.

*-Sharon, Women in Technology, FirstBank*

Just hands down perfect, pragmatic approach that could be understood and used.

*-Carolyn, CCO, CIG*

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