

# Rita Devassy

*Mindful Leadership Coach*  
*Mindfulness Over Masala<sup>SM</sup>*



**Self-inquiry, generosity, and compassion:  
required hallmarks of a successful leader.**

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.



## **Rita's presentations will show you how to:**

- ▶ Develop the capability to create context when dealing with uncertainty and complexity.
- ▶ Make intentional, thoughtful choices in a fast-paced environment.
- ▶ Break harmful patterns of thought and behavior that affect productivity and team morale.
- ▶ Practice empathy required for handling difficult situations.
- ▶ Develop compassion to promote understanding, cooperation and collaboration.
- ▶ Pause for your own well-being.

Book Rita for your next speaking event

Contact info

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## Sample Engagements and Testimonials

- 2016 Denver Startup Week Panel “Coaching for the Big Leagues”
- Mile Hi Project Management Institute 2016 PM Talks
- Women’s Foundation of Colorado, 2016 Girls Leadership Council
- Women’s Foundation of Colorado, Empowerment Council
- The Challenge Foundation, Summer Program
- St. Mary’s Academy, Wellness Fair

*“Rita has taught me precious tools to work with every day concerning stress and anxiety. I am so much more aware of my body, my breathing and my feelings and how to shift those things that are no longer serving me. She can help change one’s life with her beautiful mindfulness program!” ~Jodi*

*When I signed up to work with Rita, my organizations were in a state of constant change (flux), personnel crisis and quite often, employees were putting out fires due to a lack of structure, and focus. I was at the end of my emotional tolerance and this opportunity to work with Rita could not have come at a better time. The program with Rita benefited me in that I realized the harder I ran, the more I drove the businesses and the employees and the less work and \*detailed\* work was getting completed. What Rita helped me understand is that if I slowed down and became a more mindful leader, others would slow down and actually increase output, detail, minimize crises and overall, create a much more enjoyable environment for all employees — as well as for myself. ~Chad, President and CEO, Family of Companies: Relevant Play, Capital 2 Thrive, Authentic Labs and Rocks 122*



*Rita Devassy, the founder and CEO of Deva Seed, brings twenty years of business experience in the competitive, challenging, and dynamic field of technology. Rita has held technical and leadership roles in telecommunications engineering, project management, and operations.*

*From her own experience in leadership roles, she realized that taking time to be quiet and create space for herself each day improved how she performed as a leader; the impact was so profound for her that she left the corporate world to start her own company, Deva Seed, to teach mindfulness as a skill to leaders. She has studied meditation in various Buddhist traditions. She teaches mindful leadership from a secular perspective.*

*Rita has a Bachelor’s Degree in Business Management from Indiana University and Bachelor’s Degree in Computer and Information Science from Purdue University. She also holds a certificate in Authentic Leadership from Naropa University.*

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