

About Rita Perea

Rita Perea is an international speaker, author, executive coach, and professional development trainer. She is preparing to celebrate her 20th year as Founder and CEO of Rita Perea Leadership Consulting, Inc.

An experienced executive herself, she has helped business owners and leaders of all types become the highest version of their best selves so that they—and their teams—can thrive in the workplace and in life.



Her corporate clients have included Shive-Hattery Architecture+Engineering, Nationwide Insurance, Kemin, and Meredith Publishing Corporation. Rita serves as an external leadership coach for Principal Financial Global Investors.

Rita is a community leader. She is currently serving in her second Governor-appointed term as a public member of the Iowa Engineering and Land Surveying Licensing Board. She is also serving as the Vice President of the Des Moines Area Community College (DMACC) Foundation Board. Rita formerly served on the Executive Committee of the Leadership Iowa Board of Governors for two terms.

Rita obtained a post-graduate Specialist's degree in Leadership and is currently pursuing a Doctoral degree in the field of business and consciousness. Rita is certified as a Work-life balance specialist, a Master Cognitive Coach, and a team facilitation trainer.

Rita's newest book, ***From Frantic to Fabulous: How to Raise Your Energy, Tame Your Work and Transform Your World in the Digital Age***, was published as a paperback, e-book and audiobook in January 2019, and ranked as an Amazon #1 Best Seller in Leadership and as an Amazon #1 New Release, also in Leadership and in Business Ethics.

In 2019 Rita was recognized with the Author Impact Award for the inspirational influence her message has had both locally and globally.

Rita's mission is to help people **Lead well, Live well** and **Do well**. Her clients span the globe, and she has worked with or spoken before more than 100,000 individuals over the years. Her breakthrough trainings and keynote speeches are renowned for being life changing and professional, yet practical and fun.

To learn more about Rita and her firm's services, visit RitaPerea.com.