



General Oral Introduction

Ask Rita Schiano what she does, and she'll answer, "It depends on the day of the week."

On Monday through Friday, you may find her presenting resilience-based programs on managing stress or leadership development.

Or you may find her giving a talk about one of her books or delivering the Keynote Address at a conference.

Or she might be meeting with one of her coaching clients, helping them focus on their most important goals, interests, challenges, and needs.

And if it is a Saturday, you'll most likely find Rita at The American Women's College of Bay Path University's Central Mass Campus where she is an adjunct professor.

Yes, for this resilience strategist and coach, inspirational speaker, author, and professor, it truly does depend on the day of the week.

Please help me welcome Rita Schiano . . .