

*Live A
Flourishing Life™*

Resilience Strategist * Inspirational Speaker

Rita Schiano

Print Biography for Rita Schiano

Rita Schiano is the founder of Live A Flourishing Life™ which offers strategic resilience-building personal and professional development programs that strengthen work relationships through team building, stress management, effective communication, and critical and creative thinking skills. As a former corporate vice-president and small business owner, Rita's leadership knowledge, strategies, and insights draw from both sides of the aisle.

Rita is the author of several books, including *Live A Flourishing Life*, a stress management and resilience-building process workbook; the critically-acclaimed, semi-autobiographical novel *Painting The Invisible Man*, and *Sweet Bitter Love*, as well as numerous articles for *The Huffington Post / AOL Healthy Living*, the *Worcester Business Journal*, and guest blogger for *Psychology Today*.

Rita is an adjunct professor at The American Women's College of Bay Path University. She is a Professional Member of the National Speakers Association.

[OPTIONAL] In November 2013, Rita received the [Chamber of Central Mass South](#) Citizen of the Year Award. "Rita Schiano embodies the leadership, selflessness and hard work our community benefits by each and every day. Rita's insights and experience create strategies that teach individuals and businesses how to manage stress in order to improve morale and affect positive change. Rita is a leader, community activist, inspirational speaker, teacher, author, and our Citizen of the Year."