

Rochelle Rice, DTM, AS, CSP

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District 46 Conference

May 10, 2025

TITLE: "Bring Your Body to the Stage: From Engagement to Excellence"

DATE: TIME: 9:45am-11:00am

This dynamic and interactive keynote delves into the powerful connection between physical presence—whether in person or on Zoom—and effective communication. Focusing on the Body-Mind Connection, the techniques highlight how authentic movement, and strong posture can amplify a leader's message. By mastering dynamic speech delivery, leaders can captivate their audience, boost engagement, convey genuine authenticity, and leave a lasting impression.

KEY TAKEAWAYS:

1 - Techniques for Increased Confidence: Attendees will utilize three actionable strategies to develop authentic movement to project confidence and leadership.

2 - Body-Mind Connection: Attendees will examine how movement and physical alignment can influence not just the message, but also the speaker's mindset and confidence.

3 - Creating Lasting Impact: Attendees will be able to develop a combination of physical presence and dynamic delivery to leave a powerful, memorable impression on listeners.

BIO for Rochelle Rice, DTM, AS, CSP

Rochelle Rice, DTM, AS, CSP, is the first woman in the world to hold both the Accredited Speaker designation from Toastmasters International and the Certified Speaking Professional designation from the National Speakers Association.

A former professional jazz dancer with 30+ years in the fitness industry, Rochelle brings a unique approach to her work. Blending her speaking expertise with her somatic experience training, she works with emerging leaders to develop their Body-Mind Connection to improve confidence.

reduce overwhelm, increase self-trust and become powerful decision makers. Companies including T-Mobile, Verizon, and L'Oreal, have hired her to empower the next generation of leaders to move confidently in today's challenging world.

Whether in person, hybrid or virtual, Rochelle systematizes the principles of Body-Mind Connection in each of her dynamic presentations. She integrates her message through music, breath work, anatomy and activity specifically designed to educate and energize her audiences.

She has been a member of Bryant Park Toastmasters (D46) in New York City since 2001, and more recently joined Chambers Toastmasters (D110) in Kyiv. She served as a Council Chair for the Accredited Speaker Program from 2021-2023. She has also been a member of the National Speakers Association since 2004.

Rochelle is the proud aunt to 12 nieces and nephews ranging in age from 14-34. She embraces a New York state of mind - characterized by ambition and resilience - trusting her intuition to stay sharp and welcome opportunities! For more information visit RochelleRice.com