

Author, Speaker, Gestalt Practitioner, and Patient Advocate, Risa August has been living with a pituitary tumor and rare disease for over a decade. Risa shares her insights and perspectives on stage, offering words of inspiration to audiences. Additionally, Risa works one-on-one with clients, guiding them through the many roadblocks of life and toward living more fully inspired.

A girl with sparkles in her hair and once an Ironman athlete, Risa still has a passion for her bike and barbells. With her genuine curiosity and love for trying new (and old) things, you may find Risa taking Bollywood or hip-hop dance lessons, trying a silks aerialist or boxing class, going indoor skydiving, and guiding inspirational workshops in creativity.

Through her personal transformation, Risa has learned and practiced removing limiting beliefs, shifting her perspective, and embracing an expansive life...a life unleashed.