



Leading with calm: How to talk with angry people

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Around the world, anger is on the rise. Gallup's 2024 Global Emotions Report and the 2025 Edelman Trust Barometer reveal a growing wave of frustration linked to economic strain and social division. But rather than focusing on why we're angry, this TEDx-style talk explores how we can respond—with clarity, compassion, and control. U.S.-based communications consultant and speaker Rosemary Ravinal explores practical tools to transform tension into trust and understanding. Since 2024, she has participated in weekly Meaningful Conversation Circles, structured spaces where diverse individuals practice communication tools that calm tension and build connection. These circles have become real-world labs for turning conflict into conversation. Drawing on personal stories and global insights, Rosemary will share three practical techniques for defusing anger:

1. The Magic Pause – A five-second reset to stop knee-jerk reactions and re-center, inspired by Mel Robbins' 5-second rule.
2. Listening Loudly – Tools like looping and Julian Treasure's RASA method (Receive, Appreciate, Summarize, Ask) to make people feel truly heard.
3. The RAIN Method – A mindfulness-based process (Recognize, Allow, Investigate, Nurture) to navigate our inner storms with awareness.

From tense moments with a furious New York City bus driver to the long shadow of unaddressed anger in history, Rosemary will show how mindful communication can be a global force for peace. The talk closes with a simple yet powerful tool: an Anger Management Plan (AMP), a personalized approach to emotional resilience through self-awareness and intentional response. In a polarized world, choosing calm is revolutionary. And it starts with us.

Biography

Rosemary Ravinal is a TEDx Speaker, public speaking coach and author who works with high-profile leaders in Spanish and English to fulfill their highest potential at the podium. She is recognized as "America's Premier Bilingual Public Speaking Coach" after decades as a communications leader, spokesperson and media personality for multinational companies. Her

TEDx talk, Slay the Dragons of Bad Communication has close 300,000 views. She is author of The Joy of Thinking Out Loud (2026) and co-author of The Difference: Essays on Loss, Courage and Personal Transformation. She holds a master's degree in Global Strategic Communications from Florida International University and is accredited (APR) by the Public Relations Society of America.



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