

# Riza Rasco

**Author. Speaker. Leader**

**Every journey reveals a  
hidden landscape within**

Dr. Riza Rasco is a global explorer, author, and internationally recognized leader in impact-driven travel and women's empowerment.

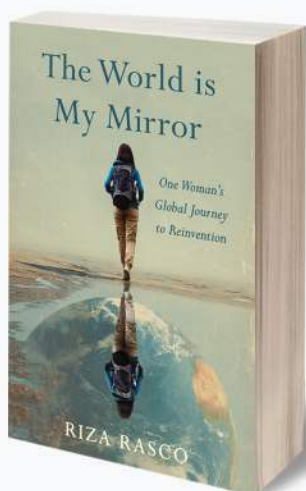
A scientist with a Ph.D. in life sciences, she has traveled to all 203 countries (193 UN member states and 10 non-UN countries).

After a prolific and accomplished career in scientific research and innovation, she embarked on a journey that gradually reshaped her life—what began as an attempt to navigate a period of personal loss, emotional upheaval, and inner disconnection became a decade-long global odyssey of reflection, reinvention, and purpose.

A reinvention story herself, Riza transformed her life from corporate science to global storytelling, social impact, and purpose-driven leadership.

Riza now leads both nonprofit and business organizations that harness the power of travel to create meaningful change in communities.

She is an invited speaker at international conferences and global forums, and her journey and impact work have been featured in National Geographic, Forbes, The Telegraph, The Sunday Times, and other international media.



## **THE WORLD IS MY MIRROR**

**One Woman's Global Journey to Reinvention.**

A memoir of global travel and personal transformation, following Dr. Riza Rasco's decade-long journey to every country in the world while overcoming loss, navigating reinvention, and leading community-building efforts across continents. As a solo female traveler, scientist, and social impact leader, Riza's story is one of courage, reinvention and leadership that empowers women to step beyond fear and societal limits, inspiring readers to harness travel as a tool for personal growth and positive change.

*Travel can be a mirror for self-discovery and a catalyst for change*

# Messages Dr. Riza Rasco can speak about:

## WOMEN'S EMPOWERMENT THROUGH TRAVEL

- As a solo female traveler in some of the world's most challenging environments, Riza's journey proves that women can thrive beyond fear, cultural limits, and stereotypes.
- Her story encourages women to take bold steps—whether in travel, leadership, or personal transformation.
- Inspires women to step beyond fear, cultural barriers, and self-imposed limits.

## LEADERSHIP THAT CREATES CHANGE

- Founder of Explore Africa for Impact (social enterprise) and Philippine Global Explorers (largest national travel club).
- Harnesses travel for community building, cultural preservation, and sustainable tourism.
- Impact work supports underserved communities in education, heritage, environment, and local tourism.

## THE POWER OF REINVENTION

- Left a high-profile career in science (Ph.D., University of Nottingham, UK) to navigate grief and burnout.
- Ten-year journey led to personal transformation and a global platform for advocacy.
- Advocates for global citizenship, cultural empathy, and finding purpose through service.

## EDUCATION AS A PASSPORT TO THE WORLD

- Education gave Riza the foundation to study abroad, build a global career, and travel to every country
- She inspires young people to see learning as the key to opportunity, empowerment, and global impact—proving that if she could do it, they can too.

## CULTURAL CONNECTION & GLOBAL CITIZENSHIP

- Traveling to 203 countries has given Riza a deep understanding of empathy, cultural respect, and global responsibility.
- Her book invites readers to see the world—and themselves—through a more expansive and compassionate lens.

## FROM SCIENCE TO STORYTELLING

- With a Ph.D. in Bioengineering from the University of Nottingham (UK) and a holder of multiple patents and recipient of international women's leadership awards, Riza brings precision, curiosity, and insight to her storytelling.
- Her narrative blends adventure, emotional truth, and thoughtful reflection, appealing to both travel enthusiasts and personal growth seekers.

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## Credentials & Recognition

- Ph.D. in Bioengineering from the University of Nottingham (UK)
- Executive Business Management from The Wharton School, University of Pennsylvania (USA)

## Global Milestones

- Traveled to all 203 countries (193 UN + 10 non-UN).
- Lived and worked in multiple continents; experienced diverse cultures firsthand.

## Organizational Achievements

- Led PGE to over 1,500 members worldwide.
- Developed programs benefiting underserved regions.
- International women leadership awards.

## Personal Transformation

- Shifted from corporate scientist to global changemaker.
- Uses storytelling to inspire resilience and purposeful living.

## FEATURED IN



  
**THE SUNDAY TIMES**

**The Telegraph**

**INQ** 

**ABS CBN**  
**NEWS**

**CONTACT DR. RIZA TO DISCUSS OPPORTUNITIES AND AVAILABILITY**

**[www.rizarasco.com](http://www.rizarasco.com)**

**<https://www.linkedin.com/in/rizarasco>**

**Email: [hello@rizarasco.com](mailto:hello@rizarasco.com)**