

## Rachel Garrett – Leadership Coach & Trainer

Rachel started her career in Digital Marketing, touching nearly every industry discipline from writing code and designing database structures to UX and building social platforms that drive 1:1 dialogues with customers. During that career chapter, she discovered her passion for developing leadership skills to effectively build her team and those around her. She prioritized mentorship and development and quickly discovered that what ignited her most was all about people. She went on to become a coach supporting executives in finding their voices, their worth, and the unique value they bring to their organizations. In addition to her coaching expertise and her corporate background, being a mom to two dynamic daughters provides her with the understanding and empathy it takes to support top-performing leaders who are also juggling the responsibilities of work and family. Rachel's specialties include leadership development, career design, post-parental leave transition, and work-life juggle mastery.

### Coaching Approach

Rachel motivates and inspires clients to up-level their leadership skills in both work and life. Through a process of awareness and mindset shifting, she works with clients to advocate for themselves, step out of perfectionism, conquer impostor syndrome, and build a personal brand that stands out in any crowd. When coaching working parents, she empowers clients to let go of the guilt and pressure holding them back by shifting from “perfect career” and “perfect parent” to truly and authentically “having it all.”



#### Professional Highlights

Senior Leadership Coach & Trainer, The Paradox of Leadership

CEO & Founder, Rachel B Garrett Coaching

Coach & Trainer, Life Meets Work, A Talking Talent Company

Leadership Coach, Sayge

16+ Years of Digital Market Leadership experience across Financial Services, Publishing, CPG, Non-profit sectors

#### Educational Highlights

BS Psychology, New York University

Professional Coaching Certification, Institute of Professional Excellence in Coaching

Energy Leadership Master Practitioner Certification

Health Coach Certification. Institute for Integrative Nutrition