

Rachel Garrett

Senior Leadership Coach

PARADOX
of leadership

Rachel started her career in Digital Marketing where she touched nearly each discipline of the industry from writing code, designing database structures, to UX, to building social platforms that drive 1:1 dialogues with customers. During that first career, she discovered her passion for developing leadership skills to effectively build her team, prioritized mentorship and in the process discovered that the components of her career that ignited her the most – were all about the 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, both her corporate background and her first-hand knowledge of being a mom to two dynamic daughters – provide her with the understanding and empathy it takes to support top-performing leaders who are also juggling the responsibilities of work and family.

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 makes them stand out in any crowd – in a good way. She supports clients navigating career transitions and long-term growth strategies with her proven career-pathing framework, providing clients with the tools to create opportunities that align with their gifts and their life priorities. Rachel's specialties include leadership development, career-pathing, post-parental leave transition and work-life juggle mastery.



Professional Highlights

- Senior Leadership Coach, *The Paradox of Leadership*
- CEO & Founder, *Rachel B Garrett Coaching, LLC*
- Coach & Trainer, *Life Meets Work, A Talking Talent Company*
- Leadership Coach, *Sayge*
- 16+ Years of Digital Market Leadership experience across Financial Services, Publishing, CPG and Non-profit sectors

Educational Highlights

- BS Psychology, *New York University*
- Associate Coach Certification, *Institute of Professional Excellence in Coaching*
- Energy Leadership Master Practitioner Certification
- Health Coach Certification, *Institute for Integrative Nutrition*

Leadership Development for Enlightened Corporates

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