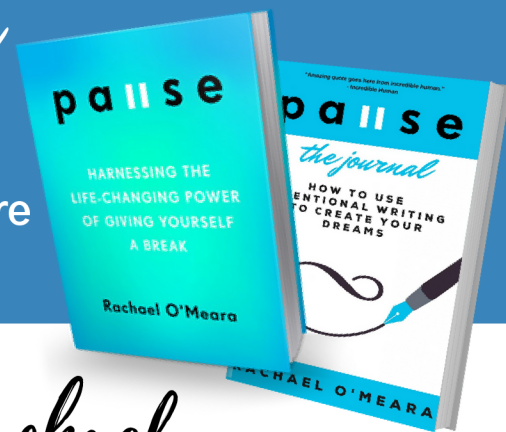


# Rachael O'Meara (she/her)

KEYNOTE and WORKSHOP SPEAKER

Former 13 Year Sales Leadership, x-Google, Venture

Best Selling Author, TEDx Speaker, Exec Coach



## Rachael's Mission

Rachael supports high achieving leaders to learn the proven strategies and tools to rise to their next level of leadership - without the overwhelm. As a result they are more confident, sustained, and resilient. Rachael's first-hand experience of burning out at Google resonates deeply with others who relate and are struggling with how to succeed and high demands on themselves and still feel great. Rachael's proven systems and tools are based on neuroscience, mindfulness, psychology, and emotional intelligence. Rachael shows her audience how to succeed and shift behavior, thoughts and actions - whether it's your next sales or client meeting, or how to rise to your next level of leadership - without the overwhelm.



## About Rachael

**Rachael O'Meara**, is an ICF Associate Certified Coach (ACC), certified breathwork facilitator, and a transformation and leadership expert. She helps high achievers stay out of overwhelm so they can rise to their next level of leadership and feel more confident, empowered and productive. After 13 years at Google & as a Venture Studio co-founder she knows what it takes to be a successful leader. Her bestselling books share more tips and tools and were featured in the New York Times, WSJ.com and on the TEDx stage. Rachael has an MA in Transformational Leadership & Coaching and an MBA from Fordham. She pauses to bike, ski and row as much as possible.



### RACHAEL HAS SPOKEN AT:

- X, San Francisco
- Google & YouTube, various offices
- TEDx Fredericksburg, VA
- Crowe Health Summit Keynote, TX
- Paypal, Plaid.com, NextRoll
- McKesson Covermymeds.com, OH
- Pausefest Keynote, Australia
- CEO Summit, Yosemite CA
- SHEEO Global Summit, Toronto

# Presentation & Keynote Topics:

## Push Pause: 3 Keys to Thrive at Work - without the overwhelm!

Overwhelm, stress, burnout...it's costing us our lives - physically, mentally and emotionally. Instead of feeling stressed or overwhelmed Learn the 3 keys: navigate the negativity, getting courageously curious, and be your own disruptor. \*Most popular **(One sheeter pause action plan included)**



**"Knocked it out of the park"**

*Rachael helped us better manage stress and overwhelm with her practical tools and techniques based in science. Be prepared for an energized and thought-provoking session. I highly recommend Rachael to help create an ideal working environment and culture.*

**- Ruth Kirschner, Director, Google**

## 3 Keys To Stay Motivated & Productive

Learn how to use the motivation trifecta to stay focused on the important work. We'll cover high-performance strategies to stay focused & more engaged. Attendees will leave with an action plan to leverage for overall well being. **(One sheeter action plan included)**



**"So Needed Right Now"**

*Rachael is organized, thoughtful, and tailored her presentation to our audience. One of our attendees said it best: 'I loved the keynote, Rachael O'Meara, and the information she shared...we are so focused on the task at hand that we miss taking ourselves. Excellent Topic!*

**- Nicole Voges, CROWE Health**

## 5 Keys to Mastering Time Management

How do we make time expand, and effectively manage our time? 90% of mastering time management is mental, only 10% of it is skill-based. Rachael will share how these 5 keys results in greater productivity that will help you plan your schedule and time to be more effective - without the overwhelm. **(Pre and post reads and work provided).**



**"Empowering & Energizing"**

*"Rachael rocked it as an energizing speaker that helped our corporate leaders learn how to rise to their next level of leadership. Her talk left us inspired and motivated. Incorporating exercises, action items, and group discussion so we can thrive in a 24x7 global sales & service environment. Highly recommended for your next leadership event!"*

**- Susan Foxton, Head of Digital**

## 3 Keys to Rock Your Resilience

In this 1-2 hr experiential workshop, learn how to cultivate resilience for yourself and your team as you understand the 3 spheres of control, learn your SCARF checklist, and practice many in-the-moment resilience tools (body scan, breathing, others) to successfully navigate change in a fun and interactive way. **(Resilience action plan included).**

## 5 Hacks to Activate Next Level Leadership

Learn how to create psychological safety in a hybrid/remote work culture, establish vision for your leadership, know the ten "roles" to experiment as a leader, and how to be an embodied and authentic leader developing your innate emotional intelligence skills. \*\*Can be customized for ERG groups. **(Action Plan and 1 sheeter takeaway included).**

## Planning an Event?

Perhaps for your team, clients or ERG group?  
Looking for a keynote or workshop speaker?

Rachael is a relatable, funny and authentic storyteller who creates experiences and actionable insights based on the latest research in neuroscience and psychology. She's been there through her own story of burnout, and lived to tell and help others become more focused, productive, and empowered from the proven tools she shares.

**To book Rachael please inquire at  
[info@rachaelomeara.com](mailto:info@rachaelomeara.com) or via LinkedIn**