

Rachael O'Meara (she/her/hers)

Executive Coach for Your Next Level of Leadership



Bestselling Author, TEDx Speaker
13 Year x-Googler, 22+ Years in Tech
MBA, MA in Transformational Coaching



WHY RACHAEL

- 22 years of experience in high-tech F500 companies
- Offers proven tools & systems based in neuroscience to turn overwhelm into thriving at work
- Vision-based yet pragmatic approach; provides systems, templates & tools to help you step into who you could become.

FEATURED CLIENT LIST

- Google
- Crowe Health
- Roche Pharmaceutical
- Accenture
- PayPal
- Adobe
- Amazon
- Oracle
- A10 Networks

CREDENTIALS

- MA in Transformational Leadership & Coaching
- Certified Meta-coach for elite Daniel Goleman Beyond EI
- Search Inside Yourself Mindfulness & EI Facilitator Training, 2017
- MBA, Fordham University
- Career coach for over 200+ Googlers as Career & Executive Coach (4.8/5 rating)
- Contributor for Harvard Business Review, NYTimes, and leading trades on leadership
- Certified Breathwork Facilitator

ABOUT RACHAEL

Rachael coaches leaders to rise to their next level of leadership using a proven set of research-based tools to feel more empowered, less stressed, and greater mental clarity. Benefits from working with Rachael:

- Be more effective as you create a vision for yourself and develop a plan on how to get there while handling life's little distractions, including procrastination.
- Be more productive and resilient as you become less stressed through greater self-awareness and strategies to get more done and feel satisfied, every day.
- Feel more vitality and energized as you thrive at work while preventing burnout and stress while increasing your capacity and remove blocks.
- Have better quality of relationships at work – with your manager, your clients, and/or your direct reports. You'll learn tools that'll help understand the people around you better, and drive conversations to be more direct and influential.
- Improved focus and clarity as you feel more centered, resilient and calm.

Rachael's 13 years of experience in sales and client services at Google helps her have a pulse on what it takes to be a successful and thriving transformational leader. She brings that experience to her clients, and knows that leadership is an inside job first and foremost, identifying the root causes of what's in the way of your next level as an authentic leader.

Rachael O'Meara (she/her/hers)

Emotional Intelligence Coach for Your Next Level of Leadership



Bestselling Author & TEDx Speaker

13 Year x-Google with 22+ Years in Tech
MBA, MA in Transformational Coaching

EXPERIENCE & KEY DIFFERENTIATORS



Holistic and integrative approach, allowing yourself to learn the power of breath and the leadership skills to show up authentically and trust yourself as you stretch your whole self.



Make the unconscious conscious
Rachael helps you go "below the waterline" and identify limiting thoughts, beliefs and behaviors so you can emerge into what you truly desire, and know what that is.



Research & science backed

This approach stems from 6 core disciplines: Neuroscience, Emotional & Social Intelligence, Developmental Theory & Practice, Human Potential Theory, Existential Theory, & Adlerian Psychology.

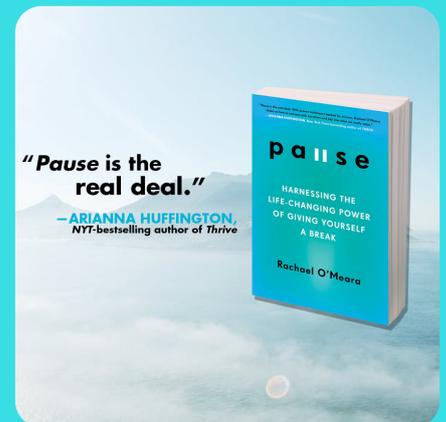


Bias to Action

Rachael's "assignments" help to apply what you're learning in your day-to-day to literally change your brain to become your next level leader.



As an expert in helping professional women stay out of overwhelm, based on her own story of burnout at Google, **PAUSE: Harnessing the Life Changing Power of Giving Yourself a Break**, was named one of 2017's top business books for your career and continues to be featured for how to stay out of overwhelm using research-backed tools based in neuroscience, developmental and human psychology, and emotional intelligence that Rachael brings to her coaching clients. Great for team gifts, raffles, or wellness/business bookclubs.



CLIENTS ARE RAVING ABOUT RACHAEL



"Nothing short of miracles..."

With Rachael, I regained my confidence after a tough year. Her coaching helped me explore and redefine old ways of thinking. In 3 months, I launched a new project at work, secured a \$100k budget for it plus executive sponsors, and got promoted." – Z, Founder, Women for Good.



"Helped me think critically..."

Rachael was extremely helpful in a tough situation. Her ability to challenge me to think critically moved me forward in a substantial way. Thank you Rachael!!! – Gera, Success Manager, Google



"Focused, accountable & a new job..."

Rachel rocks! Rachael kept me focused and on-track during a life/career transition. She helped me become accountable to my vision and goals. As a result, I found a job during the pandemic, moved to a new city, and got promoted during an acquisition. Rachael had a lot to do with it." – Michael, Manager, Accenture



"I went from stagnation to purposeful intention..."

I grew tremendously through working with Rachael. Instead of going through the motions, I am aware of my yearnings moment by moment. I'm a better influencer, showing up more 'me' as an authentic leader." – Lisa, Sr. Tech Manager Google.