

Rachael O'Meara (she/her/hers)

KEYNOTE and WORKSHOP SPEAKER

Former 13 Year Googler

Best Selling Author of PAUSE & PAUSE the Journal



Rachael's Mission

Rachael supports high achieving professionals to learn the proven strategies and tools to stay out of overwhelm, stress, and burnout so they can be more empowered, resourced, and resilient. Rachael's first-hand experience of burning out resonates deeply with others as we navigate challenging times and constant change. Rachael's pragmatic approach and tools are based on the latest research on neuroscience, human development and psychology, and emotional intelligence. As an attendee, Rachael shows how to expand your mind and capacity as you learn to intentionally shift behavior, thoughts and actions so you can amplify your impact and 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 resourced, empowered and productive. Rachael's 13 years at Google helped her know what it takes to be a successful leader. Her book *Pause* shares more tips and tools and was 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 lives in San Francisco and pauses to bike, ski and jog as much as possible.



RACHAEL HAS SPOKEN AT:

- Twitter, San Francisco
- Google & YouTube, various offices
- TEDx Fredericksburg, VA
- Crowe Health Summit Keynote, Dallas TX
- Paypal, San Francisco + APAC
- Adobe Women's Network, CA
- Pausefest Keynote, Australia
- CEO Summit, Yosemite CA
- SHEEO Global Summit, CA

Presentation Topics:

Push Pause: 3 Keys to Avoid Burnout and Optimize Your Impact*

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)

Pause the Journal Talk, Q+A, Workshop

Pause with Rachael to learn why Journaling is such an effective daily pause to feel more empowered, relaxed, and focused. Rachael shares about her new book and get a chance to journal. (Experiential component included).

3 Keys to Pause and Navigate Challenges in Uncertainty

It's easy to feel overwhelmed. Whether it's dealing with everyday or one-off stressors, learn the tools to navigate overwhelm. You will learn the 3 keys to pause for greater productivity, and the emotional intelligence tools to align & implement immediately. (One sheeter pause action plan included)

3 Steps to Harness the Brain Chemistry of Gratitude

Did you know when gratitude is expressed in the workplace, productivity goes up 50%? Learn the power of gratitude for more positive thinking, productivity, and destress...beyond the holidays. Discover how to navigate stress and expand your capacity using the power of gratitude, backed by science. (Experiential gratitude component).

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).

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"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



"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



"Empowering & Energizing"

Rachael's message on how to thrive and expand your capacity in the 'always on' work world was tremendously helpful. I highly recommend Rachael - especially if you want actionable advice from someone who lives in the always-on world herself.

- Dave Fall, CEO Brandnetworks

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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 or via LinkedIn