

Rachael O'Meara



Executive Coach & Speaker for Tech Leaders



Bestselling Author, TEDx Speaker, Pausecast host
13 Year x-Google, 22+ Years in Tech Sales
MBA, MA in Transformational Coaching



WHY RACHAEL

- Walks the talk: 22 years in big tech F500 companies including 13yrs at Google.
- Proven tools & systems grounded in neuroscience to navigate uncertainty, AI, and fast times.
- Provides systems, templates & tools to transform corporate leaders – without the overwhelm.

IMPACTED CLIENTS



CREDENTIALS

- MA in Transformational Leadership & Coaching
- ICF PCC Accredited
- Certified Meta coach for elite Daniel Goleman EI Coaching
- Search Inside Yourself Mindfulness & EI Facilitator
- MBA, Fordham University
- Featured in Harvard Business Review, NYTimes, WSJ
- Trauma Informed Certified Breathwork Facilitator

ABOUT RACHAEL, CEO POWER OF PAUSE

Rachael helps high-achieving leaders in tech get out of self-doubt and overwhelm to feel more confident and make their next career or team moves using proven strategies & tools based in science.

What happens as a result of working with Power of Pause, Rachael's company:

- 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 impactful and resilient through greater awareness and strategies to get more done and feel satisfied, every day.
- Feel more confident and energized as you thrive at work while preventing burnout and stress while increasing your capacity and remove blocks.
- Build more trust and relationships – up, down and across the org, and with clients. 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 grounded, resilient and calm.

Rachael's 13 years of experience in sales and client services at Google helps her have a pulse on how leaders can navigate uncertainty and fast times in the age of AI, through her PAUSE frameworks.

Rachael O'Meara

Helping High-Achieving Leaders PAUSE to go Fast

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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 leaders in tech 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 a top business book for your career using research-backed tools based in neuroscience, developmental and human psychology, and emotional intelligence that Rachael brings to her talks and clients. In 2022, [Pause the Journal: How to Use Intentional Writing to Create Your Dreams](#) was created to harness intention, process thoughts, feelings and behavior, and create what's next.



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.

SPEAKING & KEYNOTE POPULAR TALKS

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)**

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)**

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).**

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).**



"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 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

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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**