



ABOUT RACHEL

A dynamic force in leadership development, **Rachel Tenenbaum, MCC** is known for translating neuroscience into practical tools that empower high-impact leaders and teams. She is the **Founder and CEO of I AM Living** and **Co-Founder of The Reset Room**, a science-backed, multi-sensory experience designed to transform stress and restore clarity in minutes.

As a **NeuroTransformational Leadership Keynote Speaker** and **Master Certified Coach (MCC)**, Rachel equips leaders and innovators to navigate pressure, strengthen collaboration, ignite innovation, and rewire the brain for lasting effectiveness and engagement.

With over a decade of experience and a client list that includes Shell, Rabobank, and leaders across Amazon and Deloitte, Rachel makes brain-based tools accessible, actionable, and engaging. Her work has been featured in Forbes, Thrive Global, and other leading publications, and she guides meditations on Insight Timer, one of the world's largest mindfulness platforms.

Rachel is also a **CHIEF Guide** for senior women executives, a **certified Mindfulness and Meditation Instructor**, and holds multiple advanced coaching credentials. She's a sought-after speaker for organizations committed to cultivating clarity, connection, and leadership that lasts.

COACHING CERTIFICATIONS

- Master Certified Coach (MCC)™, ICF
- Certified NeuroTransformational Coach, CNTC
- Certified Mindfulness Coach, IMTA
- Certified Co-Active Coach, CPCC
- CPCC Leadership Circle Profile Practitioner
- NeuroLinguistic Programing Practitioner

“Rachel doesn’t just talk about mindfulness—she helps people to embody it, especially when it matters most.”



404 840 2238



rachel@iamliving.us



www.iamliving.us

I'm excited for what we can
build – together



KEYNOTE TOPICS

◆ ***A Daring Conversation on Mindful Leadership: Navigating Challenging Times with Clarity & Courage:***

Mindfulness isn't a luxury—it's a **leadership imperative**. Every year, billions are invested in training for communication, innovation, and emotional intelligence—yet the impact of these efforts hinges on one foundational capacity: the ability to direct attention, regulate emotion, and choose a response with clarity under pressure.

In this bold and timely keynote, Rachel Tenenbaum reframes **mindfulness as a strategic advantage**. Blending science, story, and practical tools, she shows how mindfulness equips leaders to stay present, steady, and effective—even in the most challenging moments—and to **shift stress into clarity and strength**, both personally and professionally.

◆ ***The Seven Levels of Effectiveness®: Shifting Mindsets for Peak Performance:***

In today's world, **mindset isn't a soft skill—it's a performance driver**. The most effective leaders don't just react to circumstances—they recognize the internal state they're operating from and know how to shift it. Why? Because mindset directly shapes strategy, decision-making, and the ability to lead through complexity and pressure.

In this transformative keynote, Rachel Tenenbaum introduces the **Seven Levels of Effectiveness®**, a science-backed framework that helps individuals identify and move out of fear-based, reactive states—and into levels fueled by clarity, creativity, and collaboration. With humor, neuroscience, and relatable insight, she helps leaders decode their internal patterns and choose more effective ways of showing up.

Participants walk away with a powerful language and lens to navigate high-stakes moments, **elevate performance**, and create **cultures of resilience, innovation, and accountability**.

◆ ***Leading with Clarity: The Hidden Power of Self-Worth in Leadership:***

Self-doubt, imposter syndrome, and the pressure to prove yourself aren't just personal struggles—they're **performance killers**. When leaders question their own worth, it clouds judgment, drains energy, and drives reactive behaviors that sabotage clarity and connection.

In this keynote, Rachel Tenenbaum reframes **authentic self-worth as a leadership advantage**. Through neuroscience, storytelling, and real-world tools, she reveals how building a healthy internal foundation clears mental noise and unlocks presence, confidence, and effective decision-making.

Participants leave with tools to **quiet the inner critic**, lead with greater self-trust, and foster cultures where people rise—not because they've perfected a persona, but because they've learned to lead from within.



KEYNOTE + WORKSHOP TOPICS

◆ *From Stress to P.E.A.C.E.™: A Process for Equanimity and Innovation*

Rachel Tenenbaum's signature **P.E.A.C.E.™ Process** (Pause, Embrace, Acknowledge, Choose, Engage) offers a science-backed, real-time strategy to navigate stress and access clarity.

In this interactive session, participants learn to rewire their nervous systems, shift reactivity into resilience, and foster mindful decision-making—even in high-pressure environments.

Leaders leave with **tools to transform stress into innovation**—building cultures of calm, focus, and collaborative strength.

◆ *Mastering Stress: A Brain-Body Approach for Clarity and Balance*

Stress is inevitable—but how we relate to it determines our clarity, balance, and leadership effectiveness.

In this science-grounded session, Rachel unpacks how stress impacts the nervous system and offers immediately applicable tools to regulate it in real time.

Participants **learn to reduce the physiological toll of stress, restore balance** under pressure, and **lead with focus**—even when it matters most.

BEYOND THE KEYNOTE

All services are geared towards building **resilience**, cultivating greater self and social **awareness**, **team cohesion**, **mitigating stress**, and fostering an **innovative mindset**.

- ▲ Weekly Mindset Resets to Recenter Teams and Strengthen Culture
- ▲ Interactive Workshops to Build Resilience and Team Cohesion
- ▲ Leadership Coaching to Develop Executive Presence and Self- Mastery
- ▲ Single-Day and Multi-Day Retreats (In-Person or Virtual)

"Rachel's energy is infectious, engaging.. and in times of uncertainty and stress, attendees will no doubt anchor back to these learnings."

-Jacob Ebens, Shell Oil & Gas

****All keynotes and offerings are tailored to meet the needs of your organization.***