

# PROGRAM LEADER INTRODUCTION

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## Rachel Gorman

Rachel brings over 25 years of experience coaching, teaching and training, across a wide variety of sectors and industries. She is committed to helping people and businesses thrive by encouraging clients to practice new thinking and behaviors to enhance their communication, energy, engagement, performance, personal brand and work culture.

Rachel is an executive coach and workshop facilitator who has led workshops for groups of all sizes. She prides herself in her ability to connect with individuals at all levels (from the locker room to the board room, from the individual contributor or front line manager, to the C-Suite executive).

Rachel's high energy, engaging and approachable style is sought after by numerous global clients. She has an M.A. in Social Sciences and is a Positive Psychology practitioner. She lives in New York City with her husband Peter and son West.

