



www.realizeyoucoaching.com

Rachel Kublen

SPEAKER | LEADERSHIP COACH |
LEARNING & DEVELOPMENT
EXPERT

ENGAGEMENT KIT

Hi. I'm Rachel!

SPEAKER | COACH | L&D EXPERT

My Philosophy

I've spent the past 17+ years in learning & development, and I believe in the importance of customizing every solution to the needs of your unique team or audience. **You're inviting me in because you need change and want the best.**

**You want your team or audience to feel empowered, motivated,
and ready to take action.**

This is why I work hard to collaborate with business leaders, event planners, and organizations to help you meet your business objectives, whether that's coaching, leadership development, building your business or brand, emotional intelligence and relationship development, or enhancing power skills.



10.1K

Training
Participants



6

Product Launches



3

Capabilities
Academies



17+

Years in L&D



ABOUT ME

Rachel Kuhlen helps individuals and companies bring out the best in their people in a loud, noisy world. Rachel is a keynote speaker, facilitator, and life-change catalyzer who is an ICF certified coach, member of the National Speakers Association, and The Association for Talent Development.

Rachel has been featured in LiveWell Mind Magazine and Medium Magazine and has been described as an "incredibly skilled trainer, motivator, and coach." A former corporate ladder climber with over 17+ years of leading, coaching, training, and facilitating experience, Rachel has reinvented her life and career to pursue what she loves - creating transformational learning experiences. Rachel is a graduate of Cornell's Women in Leadership program, a wife, mother, and avid runner.

Learning & Development



HOW I SUPPORT

Every client is unique. While Rachel has a suite of offerings, the first step is for Rachel to understand your business, business challenges, current processes, and goals. Whether you are a large organization with an established training department that needs support with new ideas, content development, and delivery or a small organization with nothing in place, Rachel can help!

ORGANIZATIONAL "HOT BUTTONS"

Need to establish L&D Program

Leadership Development

Retention/Turnover

Emotional Intelligence & Relationships

Succession Planning

Professional Development

Teamwork

OPPORTUNITIES

- Content Development & Delivery
 - Emotional Intelligence
 - Relationship Building
 - Cognitive Flexibility
 - Personal Branding/Social Media Strategizing
 - Influence/Mindset
 - Power Skills
- Keynotes & Workshops
- Energy Leadership Assessments & Debriefs
- Coaching / Performance Management
- Team Development
- Curriculum Development

AND MORE...

Speaking

RACHEL KUHLEN



I believe in creating actual change within people. My content blends engaging content, research, and real-world examples containing practical tips that will have your audience walking away with immediate, tangible ways to make meaningful change. They will be laughing, engaged, taking notes, and talking!



MOST REQUESTED TOPICS

Energy Leadership

Individual or Team Attitudinal Assessments + Debrief

Mindset Matters

Finding & sustaining a powerful mindset.

Soft Skills Aren't Soft

Identifying & honing power skills for personal & professional success.

Personal Branding & Social Media

Reinventing your brand & social media strategizing

STATISTICS

37k+

social media followers

5k

largest live audience

\$3500*

average fee

4.8/5

survey rating

MY AUDIENCE

65%

women

78%

31-49 yrs old

95%

USA

*fees are negotiated based on size & scope

Client Testimonials



“ Rachel’s task, which required she apply the utmost professionalism and leadership skills to achieve success, involved bringing out the best in the team while improving morale, guiding the team to develop a comprehensive revised program to address a challenging business climate, and construct a budget to meet the objectives and goals identified in said plan. Rachel’s work proved so successful in motivating the team that a near 30% increase in the budget to \$3.3 million from \$2.5 million was realized and achieved by the team. I wholeheartedly recommend Rachel’s work and find her an incredibly skilled trainer, motivator, and coach.

*Tom Boyer, Director, State
Government Affairs, Novo Nordisk*

“ Rachel was extremely helpful coaching me through a major shift in my life, helping me think and talk through my aspirations in a safe and positive environment. She followed up in a caring way and was invested in me and my success all the way through. It felt great to have a professional like her on, and by my side to help guide me. I’m SO thankful for Rachel

*Drew Goodrich, Director, Training
Intuit Corporation*

“ I have had the great pleasure of working closely with Rachel on a number of occasions. She is a dynamic presenter that can adapt her methods to any audience and keep them fully engaged. Rachel excels at developing actionable content that solves real-world problems in measurable ways. Rachel is the first call I make whether my teams need 1:1 coaching, group inspiration, or widespread transformation.

*Robert D., VP & Deputy General
Counsel, Optinose*



WHO I WORK WITH

- Companies 10 - 40,000+ Employees
- Associations
- Non-Profit Organizations
- Chambers of Commerce
- Clubs, Groups, & Organizations

WHAT YOU CAN EXPECT

Transformational Learning Experience!

Excellent communication, timeliness, attention to detail, efficiency, transparency, strategic planning & execution, and accountability to results.



GET IN TOUCH

I look forward to hearing from you to discuss your specific business needs and objectives.

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www.realizeyoucoaching.com



Rachel

MBA, ACC-CPC, ELI-MP

