



**RACHEL O'ROURKE**  
SPEAKER • MARKETER • PODCASTER • FIRE-SPARKER

**WORKSHOPS**

**SEMINARS**

**CORPORATE  
RETREATS**

**KEYNOTES**

**TRAININGS**

[RachelOroure.com](http://RachelOroure.com)



# WHO IS RACHEL?

## HIGH-ENERGY FACILITATOR

Rachel O'Rourke is the CEO/Founder of SPARK Global - a breakthrough organization who's mission is to spark motivation in people who are ready to THRIVE in all areas of their life.

Through her extraordinary 2-Day self-development summits for women in Portland, Oregon and global SPARK workshops, keynotes, and corporate trainings - Rachel is helping people unlock their full potential and step into their greatness both personally and professionally.

At the forefront of this movement, Rachel is leading the way in teaching people how to use their own superpowers to ignite change. Her Keynotes and workshops are high energy, interactive, and never the same.

For questions, availability, or for a quote email [rachel@rachelorourke.com](mailto:rachel@rachelorourke.com)



"We need awakened leaders now more than ever. I'm here to SPARK that fire."

-Rachel O'Rourke

"Rachel brings a special ability that allows magic to happen. Her courage, bravery and confidence to be herself and follow her heart - no matter how crazy it seems or where ever she may find herself to be - leaves me in awe. She can bring the best out in you - whether that be through her coaching, hearing her speak, or by attending her next SPARK event. If you get a chance to work with Rachel O'Rourke, or just be influenced by her journey, you will find her energy (aka magic) will change you forever."

-Amber Jane Arquette





# KEYNOTE + WORKSHOP TOPICS

MANIFESTATION + LAW OF  
ATTRACTION 101

CREATING & EXECUTING HIGH-IMPACT  
GOALS

INTUITION: HARNESSING YOUR  
SUPERPOWER

DAILY RITUALS FOR LEADERS AND  
HIGH-ACHIEVERS

REPROGRAM YOUR THOUGHTS,  
REDESIGN YOUR LIFE.

VISUALIZING FOR SUCCESS + VISION  
BOARD WORKSHOPS

MORE +++



"Rachel sets the stage in the first few minutes to create a safe space for us to skip the small talk and get real, honest and experience genuine connection by being ourselves."

-Allison Braun

"Rachel teaches with such sincerity and passion that it will leave you feeling full of inspiration, gratitude, and love. I highly recommend working with her if you are in need of inner calm, self appreciation, or inspiration in your life. It was a life changing experience and I'm so thankful I was able to attend!"

-Danielle Vogel

"She is like no one you've ever met and her energy is contagious! I am so grateful she came into my life and opened up a world I hadn't seen before. I can't wait to see where this journey takes me next!"

- Kerri Owens

