

Hi, I'm Rachel.

I am a ***Female Empowerment Transformational Coach***.

I know that you have everything you need to live the life you truly want

(No, really, I know it for a fact!)

"I would recommend Rachel in a heartbeat. She helps you to see what you can't see on your own. Once you see it you can't unsee it. That's why we need people like her. Thank you so much Rachel for all you did for me!! I know many people will be helped with your coaching"
(PL 2021)

My clients find **FREEDOM FROM:** -

- Stress
- Anxiety
- Worry
- Low mood
- Negative Thought Patterns

Brand new perspectives arise through heart centred coaching relationships; in which women are heard, seen, supported and gently guided towards a fresh understanding of themselves and their lives.

"Rachel holds a gentle, non-judgmental, loving space for me to be curious about the stories I've been telling myself about myself and discover whether they're true or not. With her gentle questions and reflection, I slowly lean into an openness to embracing life, living with my heart a little more open and trusting, It's a more joyful, curious exploration of life. I feel lighter and more at peace with life. Thank you Rachel! (EN 2021)

My clients uncover their **POWER VIA:** -

- Confidence
- Peace
- Resilience
- Strengths
- Passions
- Creativity
- Joy

Women become EMPOWERED through
**Discovering their Freedom; clients KNOW and TRUST themselves as
AN EMPOWERED WOMAN**
Fully expressing themselves in their lives!

“Rachel was able to point me back in the direction of wellness and areas of my life where I am strong and powerful. I feel really excited to get back out in the world and see what comes up for me, knowing I can handle it and honor myself. It feels like she tied a cape on me and reminded me that I'm a superhero. I can't wait to see what the future holds and am enjoying living moment to moment. Rachel is so kind and really has a talent for listening. She is great at gently reminding you of your natural brilliance.” (SN 2021)

Over the past 30yrs; my passion for providing space to create the change you want to achieve for yourself; has successfully enabled my clients to overcome challenges and thrive in their lives.

“I feel that you are a really experienced coach with a huge talent in being able to support me to question my own beliefs, whilst holding a compassionate space for me to explore deeper into myself. You are able to pinpoint so accurately my own barriers and conflicts that trip me up, yet do so with love, building trust and rapport. I have gained so much from this work. Thank you.” (SR 2020)

MY FREE COACHING OFFER: 2 x In-depth Coaching call (60mins each). Value £200.00

These sessions can make a huge difference to you. You can gain real clarity on a situation that is currently impacting you. This time will give you the focussed space to see all your potential possibilities on your next steps, and move forward with increased awareness and confidence.

Qualifications

First Class BSc (HONS) Degree.
Accredited Advanced Coaching Diploma
Innate Evolution Facilitator & Coach Mentoring Cert
Leadership & Management Dip. ILM Cert.

Please see my website for more details and some **Great Free Webinars with Empowered Women.** www.racheljewellcoaching.com

I would love to hear from you at rachel@racheljewellcoaching.com. You can discuss things in confidence with me in a no-obligation discovery call.

With love

Rachel