

Rachel Karu, MS, ACC

Speaker ♦ Trainer ♦ Singer



Meet Rachel

Rachel Karu brings more than 18 years professional development experience with primary expertise in speaking, coaching, training managers, and individuals in the areas of leadership and management development, communication skills, team effectiveness, and performance management.

As the Founder of RAE Development, a professional and personal growth consulting organization, she assists organizations, teams and individuals to Reflect, Act and Excel, providing a path for success, productivity and fulfillment. She has served as Human Resources Manager specializing in Training and Development as well as Manager of Training and Organization Development at both the corporate and regional levels. She worked for and provided consulting services to a wide variety of industries. She possesses an MS in Counseling for Business and is a Certified Coach.



INSPIRING REFLECTION AND RESULTS

Rachel's core brand is to help leaders, managers and individuals develop and communicate a compelling vision to influence, lead, change, motivate and delegate effectively to build high performance teams. She teaches audiences to unleash their potential by living life to its fullest. Attendees will learn to connect to others and to themselves. She is the ultimate professional and can inspire audiences to be the best they can be in their personal and professional lives.

MOST REQUESTED TOPICS

LEADING YOURSELF AND OTHERS THROUGH CHANGE:

Learn how to navigate through change by building your personal resilience. Explore how to manage your emotions, determine what you can and cannot control and influence, how to take care of yourself, and assist others during change.

CREATING YOUR PROFESSIONAL CAREER MARKETING PLAN:

Apply a business-marketing model to give your career greater focus and direction. Gain clarity on your positioning statement, professional brand, and your personal competencies.

FROM PERFECTIONIST TO PERFORMER — A PERSONAL JOURNEY TO FULFILLMENT:

Listen to Rachel share her journey about reconnecting to her true passion – singing and performing. Rachel's message will inspire you to look within, own your personal power and be courageous. Rachel shares her talent by singing during the session.

SUPERHERO SYNDROME — ENJOY WORK AND HAVE A LIFE!:

During this reflective and action packed session, participants reconnect to what is important to them and assess how much work-life balance they are experiencing. They learn strategies for experiencing a more fulfilling and successful life.

COACHING FOR SUCCESS — LEARN KEY STRATEGIES THAT GET BOTTOM LINE RESULTS:

In this interactive and engaging session, Rachel works with participants on two levels: 1) To assess their strengths and development areas as coaches 2) To determine how to improve the coaching skill levels of managers within their organizations.

"... To everything she does, Rachel brings authenticity, discovery and her whole self. She inspires the same in her clients, students and audiences-- not just for the day, but for the tomorrows ahead." — Kathie Nirschl; Vice President, Human Resources; Aquarium of the Pacific

FOR MORE INFORMATION ON RACHEL, CONTACT

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What others are saying about Rachel Karu.....



Rachel earned her Coaching Credential from International Coach Federation.

She is the Chairperson for the American Society for Training and Development (ASTD) Westside Breakfast Special Division. Her **Competency Case Study** has been published in The Wisdom of ASTD-LA (ASTD-LA, 2001).

She is a speaker with Vistage International.

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"... Rachel presents on "Coaching Skills" for the line manager who wants to develop his staff in an effective and motivational way. She is HIGH energy, strong out-going personality, engaging, AND she knows her subject well. ... My members were able to readily identify several specific actions that each of them could implement the next day in terms of coaching and training their staffs. You will be fully pleased when Rachel presents to your groups." — Hayden Claisse, Chair; Vistage International, Inc.

"Our Sales Team saw tremendous value in Rachel Karu's "Trusted Advisor" session. The presentation was creative and interactive. Rachel effectively communicated several new ideas and tactics that can be utilized on a daily basis to improve personal and business relationships." — Michael Sabourian, President; CorpInfo Services

"Rachel is amazing! In one short session, she transformed a group of high powered entertainment executives. Through a few fun and introspective exercises and discussion groups, we began to see the individual paths we needed to take. There was a shift that occurred in all of us, as we realized that it was possible to live differently. I would recommend Rachel to anyone who is looking for a more balanced and rewarding life."
— Lauren Sands; Producer

"Rachel's presentation on Work/Life Balance, particularly The Balance Wheel, helped the participants recognize those areas of their lives that were not in balance with their values. One participant said: "I have certain career aspirations and personal goals that are not being fulfilled and participating in this seminar helped me focus on what I need to do to make them happen." Rachel made it a point to include all members of the group in the discussion and facilitated the exploration of those areas that could be enhanced. Rachel's presentation style was lively and entertaining and encouraged all to participate—even those who started out by being shy and retiring. She created a safe environment in which to do some inner work." — Lorene Sarne; Senior Analyst, GAO/Acquisition Sourcing Management

