

Rachel Kuhlen

MBA, ACC-CPC, ELI-MP

Professional Speaker | Published Author
Certified Coach | Trainer + Facilitator



About Rachel

Rachel has 19+ years of experience leading, developing, and coaching global teams in Fortune 500 companies. She has led teams across the globe from India to Denmark to New York, and since 2015 has designed, developed, and delivered training that has delivered an ROI exceeding \$3B. Through her experience building and executing multiple training academies, keynote speaking, facilitating, and launching products, Rachel has trained over 57,000 people in her tenure focused on leadership and professional development to create real, actionable behavior change. In 2020, Rachel took the most significant leap of faith and started her training and coaching business, Realize You Coaching, where she works with leaders and teams across the country to flex their self-empowerment muscles to create the impossible. Rachel's work with corporations and individuals inspired her 2022 book, *Living Fearlessly Ahead*, to empower people to live and lead with impact.



Social Media Insights

36,000 10,000

1,000 3,000

7,000,000 + views

Videos