



Discover and honor your passions  
to lead a purposeful and empowered life



**Rachel Karu, MS, PCC**

Professional & Personal Development Coach, Speaker & Author

## Stepping into More Solutions

**Discover the Stepping into More process to unearth and honor your natural talents and passions in order to lead a purposeful life. The system uses a customized approach to focus on your Professional and/or Personal Development goals.**

Rachel works with successful people who supposedly have it all and yet are feeling empty and burnt out. Rachel supports leaders in becoming excellent internal coaches to their direct reports. Rachel thrives in working with leaders on their communication and interpersonal skills. She coaches leaders to identify and leverage their own and their team members' strengths.

### The Personal Development System includes:

1. Discover your purpose by identifying and engaging in activities that integrate your natural gifts, passions, and where you want to be in service (GPS).
2. Create action plans to honor your purpose.
3. Deliver on action plans through powerful coaching that focuses on what you are doing as well as who you are being in the process.

### The Professional Development System includes:

1. Self discovery through reflective exercises and assessments.
2. Action planning.
3. Coaching for results.

### Keynotes & Workshops (live and virtual):

#### Unforgettable Keynote/Emcee

Unforgettable keynotes to open or close your event and/or emcee your event or panel discussion facilitation.

#### Dynamic Breakout Sessions

Exceptional conference breakout sessions design and facilitation.

#### Experiential workshops

Innovative professional and personal development workshops.

#### Topics include:

*Stepping Into More: Purpose and Passion*

*Stepping Into More: Self Discovery*

*Stepping Into More: Balance*

*Stepping Into More: Your Strengths*

*Stepping Into More: Cultivate Resilience During Change*

*Stepping Into More: Effective Coaching Skills for Leaders*

*Stepping Into More: Personalized Self-Discovery Retreat Package*

*Rachel presented to my Key Executive Group and did an excellent presentation. She has HIGH energy, a strong out-going personality, is engaging, AND she knows her subject well. When my members raised questions or asked about their real-life situations, Rachel was able to respond in a meaningful and insightful way. You will be fully pleased when Rachel presents to your groups.*

*Hayden C.  
Chair, Vistage Group*

Contact Rachel Today - 310.441.1104  
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## Partial Client List

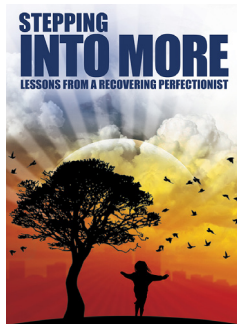
UCLA  
Facebook  
Intel  
Cisco  
Raytheon  
Medidata  
Allergan  
Hilton Hotels and Resorts  
United States Navy and Marines  
Philips  
Mattel  
Warner Brothers  
EMI Music Distribution  
Nestle  
Citibank

*"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 S.  
Producer

## About Rachel Karu

Rachel's personal journey as a Recovering Perfectionist inspired her to create Stepping into More - A professional and personal development company, dedicated to supporting clients with their quest to unearth their strengths and passions to lead a purposeful and empowered life!



RACHEL KARU, MS, ACC

Rachel's perfectionism paralyzed her from pursuing her passion for singing for over 20 years until a car accident changed everything.

As a result, Rachel started performing, publishing her autobiographical self-help book - *Stepping Into More – Lessons from a Recovering Perfectionist* and

producing her CD of songs - *Stepping Into More* (both available on Amazon).

Rachel has coached hundreds of successful people who supposedly have it all and yet are feeling empty and burnt out.

Prior to launching Stepping into More, Rachel served as Human Resources Manager and the Manager of Organization Development in global organizations.

Rachel earned a Master's of Science in Counseling for Business, Industry and Government and a Bachelor of Science in Business with a specialization in Human Resources. She achieved her Coaching Credential through the International Coaching Federation and is a Certified Strengths Coach.

Rachel is a past President for the International Coaching Federation, Los Angeles. She is also the Co-Leader for the Global International Coaching Federation's Coaching and Human Capital Community of Practice. Additionally, Rachel created and managed the Westside Breakfast Special Interest Group for the Association of Talent Development for 11 years.



Contact Rachel Today!

310.441.1104

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