



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



Rachel Karu, MS, PCC

Professional & Personal Development Coach, Speaker & Author

Group Coaching Series: Cultivate Self-Resilience during Uncertain Times – Learn to thrive vs. survive ongoing change

- Are you struggling with ongoing change and uncertainty?
- Do you feel like a victim in your life?
- Are you wanting to experience joy and fulfillment despite your current life circumstances?
- Are you ready to Step into More by cultivating Self-Resilience no matter what the circumstances?
- Self-Resilience is your ability to bounce back from adversity. Many of us are saying things like "I am waiting for things to go back to normal." One of the few things we can count on in life is constant change. Do you have the skills you need to navigate this ongoing, uncertain journey?
- Attend this amazing and affordable Group Coaching series to gain tools and support.

Series includes:

- **Assessment Debrief Pre-work:** Take the Self-Resilience Indicator and receive a 75 minute customized one-to-one debrief with Rachel Karu
- **Module 1:** Series Context Setting and Self Awareness and Self Confidence/ Self Control Facets
- **Module 2:** Self Care and Organized/ Proactive Facets
- **Module 3:** Flexible and Adaptable and Problem Solver Facets
- **Module 4:** Socially Connected/Social Support and Socially Competent Facets
- **Module 5:** Series Finale and Next Steps

Rachel, having had a few days to reflect, I just want to highlight what made the group coaching series that you conducted so worthwhile. We really appreciated your open communication and enthusiasm for the material. It certainly energized the group and the fact that there were no 'wrong answers' kept participation at a high level. Everyone felt comfortable openly communicating. Additionally, you displayed a mastery of the material throughout the series and did an exceptional job of enhancing individual self-esteem. You knew and understood your audience and listened to individual professional challenges and successfully guided the person to a positive solution. We look forward to having the opportunity to work with you again.

Val B.
Retail Services Director, Mattel

Contact Rachel Today - 310.441.1104
rachel@steppingintomore.com | www.steppingintomore.com

Partial Client List

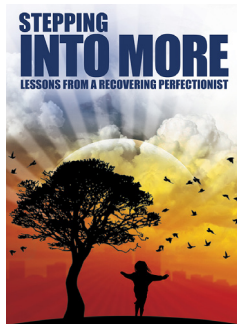
UCLA
Facebook
Intel
Cisco
Raytheon
Medidata
Allergan
Hilton Hotels and Resorts
United States Navy and Marines
Philips
Mattel
Warner Brothers
EMI Music Distribution
Nestle
Citibank

"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

rachel@steppingintomore.com

www.steppingintomore.com