



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



Rachel Karu, MS, PCC

Professional & Personal Development Coach, Speaker & Author

Personal Development Coaching

Clients include successful people who supposedly have it all and yet are feeling empty and burnt out. This is usually because they have spent many years supporting others either as a career person, spouse, parent, and son/daughter and have lost connection with their purpose and passion. Rachel works with entrepreneurs, people employed at organizations and individuals that work in the home. Rachel also supports people looking to make a meaningful career transition.

Stepping into More - Personal Development System:

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.
4. ~~How to~~ integrate lessons learned – Each new behavior we engage in requires reflection in order to glean the lessons and build upon them. One of the joys of honoring your purpose and passions is beginning to integrate them more and more into your life.

"Rachel brought me to a whole new level of self-awareness. With patience and compassion, she guided me toward greater understanding of my motivations and ways of relating to others."

Janine P.

Director, Foundation and Community Relations, Didi Hirsch Mental Health Services

"Rachel elevates coaching to an art. Yes, she will help you organize your life, identify your goals and align with your values, but beyond that she will help you create a vision for life. Rachel's coaching serves the whole person. At the end of my sessions with her, I always feel more focused, empowered, and inspired."

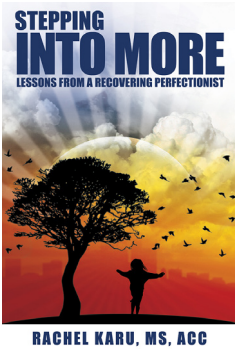
Alissa C.

Founder, Carroll Public Relations

Contact Rachel Today!
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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'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.



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