



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: 2-Day Purpose & Passion Retreat (in-person or virtual)

### Jumpstart your dreams now!

- Has life left you burnt out and exhausted from being in service to others but not being in service to yourself?
- Do you dream about what you really want to do, but something is holding you back?
- Are you considered successful yet something is missing in your life?
- Maybe your real wishes are being pushed under the carpet as “nice-to-haves” and not prioritized as the “need-to-haves” they really are.

The Stepping into More: Self-Discovery Coaching 2-Day Retreat is designed for the person who is **ready to Step into More – NOW!** Give yourself the opportunity to experience a **totally customized** retreat with Rachel Karu – Past President for the International Coach Federation – Los Angeles, a certified coach and self-discovery expert.

*“When I started with Rachel I thought I knew what mattered most to me. It wasn’t until I wrote my values on paper and prioritized them, that I saw I was not doing what mattered most to me was a life changing experience. In the process I was able to come to grips with my Gremlins, as we call them. I set goals and learned how to accomplish them using intermediate steps. The process of scheduling them into small manageable steps with deadlines was an incredible experience. I would recommend Rachel to anyone who wanted to take the next step in a life changing experience.”*

David L.  
Sales Representative, Chicago Title

We will fast track you to amazing self-discovery and propel you into **immediate and meaningful action** to create the life you desire and deserve. Our **“inside out”** approach focuses on who you are being as well as what you are doing. You will walk away refreshed and renewed with a fresh vision and strategy of what you need in order to create an empowered and fulfilling life.

### Pre-retreat

- Complete the Stepping into More Purpose and Passion **Questionnaire** to increase your self-awareness.
- Participate in a 1.5 hour **individualized coaching session** by phone or video to create your customized retreat agenda.
- Complete any agreed upon **assessments** prior to the retreat, such as the Myers Briggs Type Indicator, the Standout Strengths Assessment, and/or 360° surveys.

### Two Retreat Days

You choose **your favorite retreat spot** in Los Angeles County and Rachel will meet you there. Or, if you choose, the entire experience can be virtual.

Contact Rachel Today!

310.441.1104

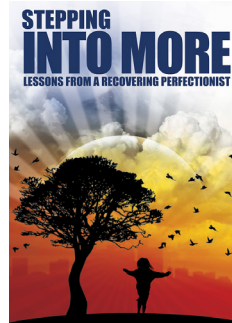
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## About Rachel Karu

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.



RACHEL KARU, MS, ACC

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.

### Day 1:

(6 hours of coaching plus 1.5 hours for a scrumptious lunch)

We will set the foundation for determining and achieving your goals by delving into who you are and what you want.

#### Activities may include:

- Unearth and prioritize your values.
- Discover your strengths and strategize how to best leverage them.
- Explore how much life balance you are currently experiencing and consider if you want to experience greater balance.
- Identify and reconnect to your natural gifts, passions, and where you want to be in service (GPS) to create a more purposeful and empowered life.
- Understand and learn to grapple with your fears.
- Cultivate and harness executive presence.
- Learn how to be resilient during change.
- Create your vision for life and/or career.
- ~~Enjoy a leisurely lunch at a restaurant of your choice.~~
- Soak in the learning by relaxing and spending the evening on your own.

### Day Two: (4 Hours of Coaching)

Process and **reflect** on learnings from Day One. Create **strategic action plans** for your goals.

#### Goals may include:

- How to incorporate your **GPS** into your **life** to lead a more purposeful and meaningful life.
- Strategize how to live a more integrated and balanced life.
- Cultivate more meaningful and connected relationships.
- Increase self-management skills to support you when you are emotionally triggered.
- Set loving and clear boundaries.
- Create your time management strategy.
- Develop a Career Marketing Plan to support with your career transition.

### Post Retreat

- Two, 1.5 hour customized coaching sessions to lock in the learning and drive accountability.
- Unlimited email access for 30-days!

Contact Rachel Today!

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rachel@steppingintomore.com

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