



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



Rachel Karu, MS, PCC

Professional & Personal Development Coach, Speaker & Author

VIP Day Jumpstart Your Dreams with a Customized Coaching Day

The VIP Day is designed for the person who is ready to Step into More – NOW! This highly customized program will be co-designed to ensure results. We will fast track you to amazing self-discovery and propel you into immediate action. You will walk away with a fresh vision of what is needed to create an empowered and fulfilling life along with a clearly defined action plan.

“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. With the system that Rachel Karu showed me, I was able to prioritize and do what mattered most to me. It 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

VIP Day Includes:

- 6-hour day of Rachel's undivided time and attention
- **Prework:**
 1. Stepping into More Discovery Questionnaire to promote reflection and increase your self-awareness
 2. Completion of any assessments prior to our day together
- Retreat setting conducive to getting work done while pampering yourself (virtual or in-person)
- Unlimited Email access for 30 days!

Contact Rachel Today!
310.441.1104
rachel@steppingintomore.com
www.steppingintomore.com

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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