



Rachel is a former healthcare executive turned executive/life coach. She experienced her own burnout and was able to go from striving to thriving through coaching. Now she helps others reach their full potential and create lives they don't need to escape from regularly. She has a Master's degree in Nursing and is certified in the Enneagram, DiSC, Resilience, and as a coach.



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KEYNOTE | WORKSHOPS | CONSULTING

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KEYNOTE



## KEYNOTE

Inspirational and educational messages about personal and professional growth. Rachel inspires people to continue moving towards their full potential.


### Talks she gives:

- The Path to True Wellbeing
- Unlocking Your Resilience
- Enneagram

RACHEL PRITZ, RN, MSN  
CERTIFIED COACH

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# WORKSHOPS



## WORKSHOPS

We'll do a needs assessment to tailor the workshop to your teams' needs. Building stronger relationships and growing and developing your team, is the hallmark of a good leader.

- Enneagram 101, 201, 301
- Wellbeing or Leaders
- Building and sustaining resilience

# CONSULTING



## CONSULTING

Helping teams create more self and social awareness so they can show up as the best versions of themselves. We'll build a shared language to keep the conversation going within the team or organization.

- Enneagram Coaching
- DiSC Facilitation
- Team Coaching
- Executive Coaching

Who I've work with:



Indiana University Health

