

# PROGRAM LEADER INTRODUCTION

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## Rachel Gorman

Rachel is an executive coach, speaker and facilitator, who connects with people at all levels, questioning the status quo and inspiring her clients to do the same. She infuses both a calm focus and an enthusiastic energy into the client experience.

Rachel is a committed “lifelong learner.” Her voracious reading and writing on relevant subjects, keeps her industry knowledge on the cutting edge.

Rachel was a pioneer in living a minimalist lifestyle, long before the “Tiny Home” movement became hip. Living small in NYC, she has learned what to keep and what to discard. This mindset is valuable in her work with clients, helping them focus on what is of the utmost importance.

She has an MA in Social Sciences, lives in NYC with her husband and son. When not out and about soaking in all that NYC offers, including rock climbing, yoga, and running in Central Park, she can be found taking refuge her tiny haven on the Upper West Side.

