



RACHEL G HEALING

The Self Growth Coach

About me

Rachel is a self growth coach on a mission to raise awareness on the importance of personal wholeness. A true supporter of "KNOW THY SELF", her passion is encouraging awakened individuals to deepen and transform the way in which they relate with themselves. It is a subject close to her heart because of her personal journey of transforming self-rejection/hate into self acceptance/love.

Rachel helps her clients transform their inner worlds into loving, compassionate, safe and a non-judgemental space, nurturing an authentic loving relationship with themselves. As a result of working with Rachel, women (and men) feel first, think second, act third, develop unconditional self acceptance and manifest more joy into their lives.

Rachel's roadmap IAAM: Intention, Awareness, Advancement and Maintenance is a lifestyle she adopted during her own journey. It helped her step into true self mastery, harnessing a loving authentic relationship with herself by being open and willing to find ways to transcend her fear into love, releasing resistance and moving into flow.

Four elements Rachel helps her clients with are; breaking free of the Conditioned self, (the ego), healing the inner child, integrating Shadow self, and the nurturing and strengthening of the True Self.

Rachel is a compassionate and intuitive coach who's clients feel quickly at ease and comfortable with her so they may begin their inner journey and explore the deeper places within themselves, more difficult to navigate alone.

Rachel believes strongly that self acceptance, self compassion and self forgiveness, are the three most important qualities everyone needs to cultivate, for they are the doorways that open us to the fullness of who we are - LOVE.

Interview Topics

- ★ Transformational healing begins with self-acceptance.
- ★ Emotional triggers are the pathways to deep root healing.
- ★ The magical powers of self-compassion.
- ★ Five steps to loving yourself
- ★ Self-Mastery Roadmap



Sample Questions

- ★ What is the difference between the True Self and the conditioned Self?
- ★ Why is self acceptance an important part of our healing?
- ★ What are emotional triggers and how do they help us grow?
- ★ Why is how we feel so important?
- ★ What are signs that we are rejecting ourselves?
- ★ What is inner self- growth mastery and how does it serve us?

Rachel-G

Break free from Conditioned Self Slavery
and into True Self Mastery

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