

RACHEL SHEERIN

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# BIOGRAPHY



Rachel Sheerin is an award-winning keynote speaker, emcee, and burnout expert on a mission to help people love their work and their lives.

Rachel's work experience spans both sides of business - sales and operations. She has built multi-million-dollar sales teams that want to grow profits and boost happiness, and trained operations teams that want to influence their sales teams to work better together.

Her drive for success led to burnout. More importantly, that burnout was the catalyst that led to a search for answers to help prevent this from happening to others.

Before burnout was a buzzword, Rachel made it her mission to understand why high performers suffer from chronic stress and overwhelm – and what individuals and organizations can do to prevent it.

A Certified Professional Behavioral Analyst, she blends behavior knowledge with burnout research, creating keynotes based in facts, science, and authentic stories. Rachel motivates and educates high performers so they can level up their success, increase their impact, and live a life they love.

Her impressive list of clients includes The Ritz Carlton, WAL-MART, Freddie Mac, Berkshire Hathaway, SHRM, and national associations and franchises. Rachel's known for delivering high-impact education and motivating audiences from Seattle to Spain.

When she's not taking selfies with event attendees around the globe, Rachel is the Director of Global Awards for the Association for Women in Events. She is also an angel investor who focuses her support on women-owned businesses.



**For booking information please contact Michelle Joyce:**

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