

RACHEL MAHONEY

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# BIOGRAPHY



Rachel DeAlto (*formerly Rachel DeAlto*) is on a mission to connect people to their most powerful resource – each other.

A former attorney with a master's degree in psychology, Rachel is a communication and relatability expert, author, media personality, and researcher who combines her education, expertise, and experience to create a blueprint for leaders and teams to build better connections – and thereafter, better everything.

Rachel's programs are highly interactive, customized, and create the potential for a ripple effect in every area of the audience's lives. Her signature programs involve a framework that helps people understand themselves, their relationships, and their impact on others. She has trained executives, employees, and teams in a variety of industries around the world: from global Fortune 500 companies to startups, governments to nonprofits. And she does it all with her trademark humor and energy.

She is the author of *The Relatable Leader* and *relatable: How to Connect with Anyone Anywhere (Even if It Scares You)* and has appeared as an expert on Lifetime's *Married at First Sight* and over 200+ national media outlets such as *Good Morning America*, *CNN*, *Fox New*, and *The Today Show*. She also maintains an influential social media presence where she shares psychological research updates and practical takeaways to connect and communicate more efficiently.

As a popular keynote speaker, Rachel delivers programs on leadership, the power of connection, customer experience, sales, and communication. Her most recent TEDx Talk, *Being Authentic in a Filtered World*, was featured on TED.com.



**For booking information please contact Tracy Cotton:**

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