RACHEL MAHONEY

BIOGRAPHY



Rachel Mahoney, formerly known as Rachel DeAlto, is an award-winning keynote speaker, bestselling author, and human connection expert who is changing the way we understand ourselves and each other.

With a background in law and psychology, Rachel brings a unique perspective to what makes people connect, communicate, and thrive. Her work explores the human side of leadership, relationships, and everyday interactions, challenging the assumptions we make about others and reminding us how much we have in common.

On stages around the world, Rachel helps leaders and teams build trust, strengthen relationships, and create cultures where people feel valued, understood, and connected. She is the author of *The Relatable Leader: Create a Culture of Connection and relatable: How to Connect with Anyone Anywhere (Even if It Scares You),* blending research, personal stories, and practical insights that make human connection both accessible and actionable.

Rachel is also the creator and host of *SEEN with Rachel Mahoney*, a YouTube original conversation series that goes beyond first impressions to uncover the stories, struggles, and experiences that shape who we are. Through candid conversations with people from all walks of life, *SEEN* explores what happens when we look beyond what we think we know about someone and discover the person underneath.

Her perspective has made her a trusted voice across media and social platforms, where she shares stories that challenge judgment, spark empathy, and celebrate our shared humanity. Rachel has appeared as an expert on Lifetime's Married at First Sight, TLC's Kate+Date, and more than 200 national media outlets. Her TEDx talk, Being Authentic in a Filtered World, is featured on TED.com.

Rachel holds a Juris Doctor and a master's degree in psychology and has earned the prestigious Certified Speaking Professional® (CSP) designation. She has been recognized as a Global Guru in Communication and one of Real Leaders' Top Impact Speakers.

Whether she's on stage, behind the microphone, or sharing a story that reaches millions, Rachel's work is rooted in one belief: The more we understand each other, the more connected we become.

MICHELLE JOYCE
SPEAKERS

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