

# RACHEL FOY

The Therapist for high achieving entrepreneurs  
and business leaders

## Popular topics



- Can therapy make you a better business leader?
- Why business leaders must open up about their own mental health
- Why business leaders need a coach, mentor and therapist
- The truth about therapy and if it's right for you
- Entrepreneurs and mental health
- The 5 main reasons why entrepreneurs are vulnerable to mental health challenges
- Why investing in your mental and emotional health is the best investment you could ever make
- How unresolved trauma can slow business growth
- 3 ways therapy can make an entrepreneur limitless

Rachel has been in the personal development space for over 12 years providing personalised and premium therapeutic coaching and mentoring to her international clients. She worked for several years in a therapy clinic in Dubai where she frequently worked with elite clients from senior government officials and professional athletes to entrepreneurial start ups and presidents of multinational companies.

She is a certified clinical hypnotherapist, NLP + EFT practitioner, Timeline practitioner and executive life coach and undertakes yearly continued professional development to further her skills.

She is a pioneer in the field of therapy and mindset for entrepreneurs and business leaders and her private clients range from CEOs of multinational companies to entrepreneurial start ups.

Rachel is also the founder of Soul Fed Woman, a global platform and training academy helping women overcome food addiction. She is also a podcast host and published her debut book 'The Hungry Soul' in 2019. Her second book is due for publication in 2021.

She has been featured in local and national press including TV and radio and is available to speak/comment or be featured for anything relating to therapy in business.

She lives in Cheshire with her husband and two children



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