Rachel Dash-Dougherty

THERAPIST △ SPEAKER

CONFIDENCE COACH

WOMEN’S PROFESSIONAL DEVELOPMENT
BOUNDARY SETTING
EVERYDAY MEDITATION
TRAUMA-SENSITIVE YOGA
EMDR TRAINED
Rachel Dash-Dougherty

a.k.a. the Grounded Therapist, is a therapist (LCSW), speaker, confidence coach, and certified trauma-sensitive yoga teacher. Specializing in helping women realize their power, own their worth, and overcome imposter syndrome, Rachel opens the door to profound transformation through science-backed strategies which improve both mental and physical strength.

Known for her simple-to-understand coaching style and fun, down-to-earth manner, Rachel has been featured on Listen to Your Body with Steph Gaudreau, as well as in Psychology Today and Bustle.

When she’s not leading easy-to-follow meditations or confidence-building yoga classes, you can find Rachel making nutrient-packed cookie dough bites or running with her dog.
As seen in:

- Abundant Yoga Teacher
- Almost 30 Nation
- Art of Aliveness
- Conscious Journeys
- Enlightenedhood
- The Ex-Man
- Fitness and Fishnets
- The Happy Moms Show
- Listen to Your Body (Steph Gaudreau’s new podcast)

Featured on:

- Over It
- Real Happy Mom
- Riffs and Beards
- She Makes Waves
- Staying the Course
- Yoga for Eating Disorders
- Yoga Teach Resource
- Yoga to Cope
Most Requested Workshops & Speaking Topics

Most Requested During Covid
- Confident Boundary-Setting and Decision-Making in an Uncertain Time
- Managing Mental Health & Stress Levels
- Managing Uncertainty and Expectations
- Burnout Rescue for teachers, essential workers, therapists, doctors, nurses, etc
- Burnout Rescue for People Playing Too Many Roles Simultaneously

Signature Speaking Topics
- Set and OWN Your Boundaries
- Confident Decision-Making
- Slow Down to Get What You Want
- Overcome Imposter Syndrome & Perfectionism
- Get Un-Stuck! Face Your Emotions and FINALLY Move Forward
- Build Grounded Confidence By Tapping Into Your Body’s Natural Design
What Do Clients & Audiences Say?

“… profound, empowering, and groundbreaking.”

“RACHEL IS A SKILLED EDUCATOR AND A PROFOUNDLY SUPPORTIVE GUIDE. I CANT’T MORE HIGHLY RECOMMEND HER CLASSES, PROGRAMS AND COURSES TO ANY WHO ARE SEEKING DEEPER LEVELS OF SELF-AWARENESS, TOOLS AND PRACTICES TO CULTIVATE HEALTHIER LIFESTYLE CHOICES.”

“WORKING WITH RACHEL CHANGED SO MANY THINGS IN MY LIFE FOR THE BETTER. IF YOU ARE EVEN SLIGHTLY ON THE FENCE, JUST CALL. SHE’S AMAZING.”

“WORDS CAN’T EXPRESS MY GRATITUDE FOR HOW RACHEL HAS HELPED KEEP ME ON TRACK & GROUNDED TO ACHIEVE MY PERSONAL AND PROFESSIONAL DREAMS COMING TRUE! THANK YOU FROM THE BOTTOM OF MY HEART.”

“RACHEL IS UNAFRAID TO SIT IN THE DARK WITH YOU, BUT SHE DOES NOT LET YOU STAY THERE. SHE IS FIERCELY DEVOTED TO HELPING PEOPLE REALIZE THEIR FULL POWER AND POTENTIAL.”

“… SO FILLED BY HER KINDNESS, HER WISDOM AND HER DEPTH OF RESOURCES.”

“GROUNDING, INVITING AND AUTHENTIC”
Thank you for considering Rachel Dash-Dougherty, The Grounded Therapist for your organization’s ongoing needs & development!

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