

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:

### PSYCHOLOGY TODAY I AM & CO° BUSTLE

#### Featured on:

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

- 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 Fowrward

Build Grounded Confidence By Tapping Into Your Body's Natural Design

- "... profound, empowering, and groundbreaking."
- "Rachel is a skilled educator and a profoundly supportive guide. I couldn'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

What Do Glients

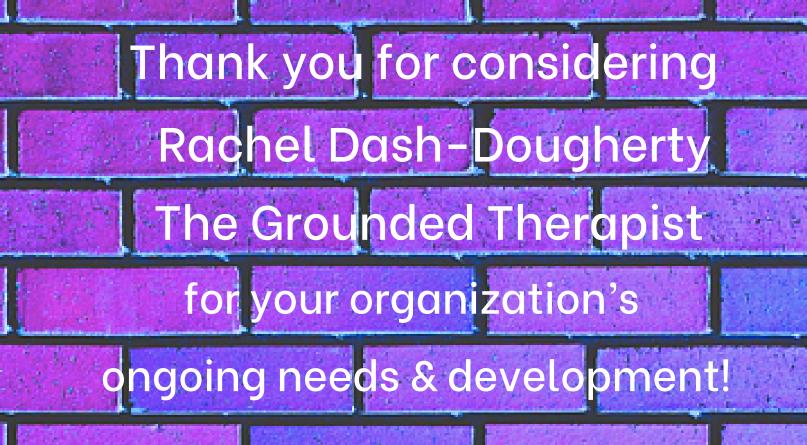
& Audiences Say!

"grounding, inviting and authentic"

"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."





hello@groundedtherapist.com 860 629 0029



groundedtherapist.com



( ) instagram.com/groundedtherapist