

# Rachel -G

## The Self Growth Coach



### About me

Rachel is a true supporter of "KNOW THY SELF". Her passion is helping **solopreneurs** transform the internal frustration they have with themselves into authentic self-confidence; the power supply for a thriving and sustainable business and a fulfilling life.

Successful solopreneurs harness their inner resources through **Inner Self Growth Mastery** a process of mastering mind, body and spirit through **IAAM**: Intention, Awareness, Advancement and Maintenance. A lifestyle which is continuously about being willing to find ways to transcend fear and break through resistance.

Rachel has four aspects to inner self growth that her clients work on in becoming Inner Self Growth Masters, they are; breaking free of the Conditioned self, (the ego), the healing of the inner child, the integration of the Shadow self, and the nurturing and strengthening our True Self.

Rachel is a compassionate and intuitive coach who ensures safe, non-judgemental spaces for her clients so they feel at ease and comfortable to begin their inner journeys and explore the deeper places within their psyche more difficult to navigate alone. Rachel strongly believes self acceptance and self compassion are two important qualities everyone needs to be cultivating, as these are doorways that open us to self-love.

A true activist of Inner Self Growth Mastery, Rachel is on a mission to encourage courageous solopreneurs to "know thy Self" and be the change our new world seeks in co-creating with spirit a healthier and more joyful place to live.

### Interview Topics

- ★ Transformational healing begins with self-acceptance.
- ★ Emotional triggers are the pathways to deep root healing.
- ★ The magical powers of self-compassion.
- ★ Five steps to loving yourself
- ★ The three key components of self-mastery

### Sample Questions

- ★ What is the difference between the True Self and the conditioned Self?
- ★ Why is self acceptance an important part of our healing?
- ★ What are emotional triggers and how do they help us grow?
- ★ Why is self compassion more important than self-esteem?
- ★ What are the signs we don't love ourselves?
- ★ What is inner self- growth mastery and how does it serve us?

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*Breaking you free from Conditioned Self  
Slavery and into True Self Mastery*

**GET IN TOUCH**

 @rachelghealing  [linkedin.com/in/rachel-goss](https://www.linkedin.com/in/rachel-goss)

 [www.rachel-g.com](http://www.rachel-g.com)  [info@rachel-g.com](mailto:info@rachel-g.com)