

Rachel S. Heslin

Dynamic Author and Speaker

Rachel S. Heslin has been immersed in the study of psychology for over 35 years. Her father studied under the mentorship of Milton H. Erickson, considered by many to be one of the founders of the field of modern hypnotherapy. As her father learned new techniques and strategies, he would come home and both try them out and teach them to his children such that Rachel has been performing PartsWork and refining her reframing skills since the age of 11. Her article on growing up in this type of environment appeared in the official Milton H. Erickson Foundation newsletter.

After receiving her own bachelor's degree in psychology from UCLA, Rachel facilitated training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis (SCSEPH), helping teach therapists how to incorporate storytelling techniques into a clinical setting. This fascination with the importance of narrative has been a recurring theme throughout her life, manifesting in such diverse areas as:

- being responsible for team- and morale-building communications during company restructuring as the Corporate HR Administrator for Unilab,
- acting as Director of Public Information for the non-profit Campaign for a New United Nations Charter (CNUNC), and
- writing a column under the nom de plume Shayna Jaeger about the joys of motherhood for SarahFerguson.com, the former Duchess of York's social networking site.

Her love of creating empowering stories even extended to finding illustrative patterns in numbers. Her ability to transform sterile data into actionable information proved instrumental in helping develop the Bear Valley Healthy Start Student Support Program, an organization affiliated with the local school district to provide non-academic supports to at-risk children and their families. By creating systems for tracking and analyzing the efficacy of provided services, Rachel contributed to the ongoing longevity of the program even during the most challenging of economic climates. This led to the program being chosen by the state of California as a case study model for providing school-based social services in a rural setting.

In addition to her work with the Healthy Start Student Support Program, Rachel has enjoyed contributing to her community by sitting on the Board of Directors for the Fawnskin Chamber of Commerce, and she currently holds the position of president of the Mountain Healing Arts Association.

In spring of 2014, Rachel was appointed Director of Exhibitors for the prestigious California Women's Conference, produced biennially by Women Network and the non-profit Global



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Women Foundation. This was an incredibly dynamic event and Rachel is very grateful to have had the opportunity to be involved.

Her company, The Fullness of Your Power LLC, is inspired by helping people — especially intuitive, emotionally sensitive men — embrace *all* parts of themselves so they can have a profound impact on the world. Her mini-ebook, ***The Map of Your Life***, looks at how our perspectives affect both our experience and our opportunities and can be downloaded for free in both PDF and audio mp3 formats from her website, <http://www.thefullnessofyourpower.com/map-of-life/>.

Her most recent book, ***Navigating Life: 8 Simple Strategies to Guide Your Way***, breaks down the essential areas that we need to take into consideration so that we can deliberately create the lives we want to be living, choosing from all the myriad options that pull at us and taking action with confidence and ease. It is available as an ebook from Barnes & Noble and the Apple Store, and in both Kindle and paperback formats at Amazon.com.

Her next book, ***The Obstacle IS the Path: How Traditional Goal-Setting Is Robbing You of Your Life***, explores how the true purpose of goals is to provide a framework and direction for our evolution as human beings and shows how we can maximize the depth and richness of our experience of Life. It is scheduled for release in 2016.

As with the rest of her multifaceted career, these books each promote the theme of seeing how we can identify and change our stories so we can live our lives more fully. It is both the inspirational and practical aspects of this that she shares in her public speaking presentations, leaving her audiences motivated to approach the world with curiosity, optimism, and enthusiasm for their next adventure.

