

Natalia Rachel

SPEAKER AND FACILITATOR PROFILE



Natalia Rachel shares her voice to begin to remedy the world's state of hustle, trauma, bias, disconnect, and disrespect. Her insights into the human condition and our profound need for healing, self-compassion, empathy, and human connection, inspire audiences to awaken their hearts, illuminate their patterns and step forward towards self-care and relational repair. She is a proud recipient of the [Women Icons Asia Award](#) (emerging entrepreneur) for social impact in the domain of trauma-informed culture transformation & self-mastery education. Natalia's highly anticipated book ['Why Am I Like This?'](#) launched this year with Penguin Random House.



As a speaker...

Natalia brings an amalgamation of knowledge from years working as a therapist and clinic director with a focus on trauma & abuse recovery, as well as her own personal journey recovering from mental health misdiagnosis and physical health conditions that stemmed from childhood trauma. She currently has a focus on social impact and culture transformation via keynote speaking, consulting, and teaching her flagship leadership program ['Trauma-informed Human'](#) around the world. Her goal is to bring trauma work to the mainstream and bridge the gap between mental health, diversity equity, inclusion, and human sustainability.

As a therapist & guide...

Natalia works with clients across the spectrum from trauma recovery (where dissociation and fragmentation are present), to transformation and self-mastery (with a focus on shadow and parts work). Known for her ability to attune to the psyche, soma, and spirit with incredible empathy and acuity, Natalia is sought after by clients who have tried many avenues and have yet to ignite the change they are seeking. Her formative training as a hypnotherapist and craniosacral therapist led her to blend traditional talk therapy with therapeutic touch that ignites states of healing, epiphany, and integration. Her exploration of trauma through the lens of somatic psychotherapy led her to develop the modality 'Trauma-Informed Relational Somatics' and mentor therapists in integrating modalities and expanding their ability to connect to the unseen, non-verbal stories of their clients.

As a teacher and mentor...

Natalia creates a safe trauma-informed space that invites an experiential learning process. She utilizes a field of resonance to attune to groups and navigate a responsive path to both individual and collective learning. She invites students to enter a beginner's mind, explore their intuition and move towards integration of their many learnings, and experiences. She also places a strong emphasis on power dynamics, boundaries, and somatic countertransference. Her intention is to support the continued embodiment, humility, and confidence of all who learns with her.

IN THE PRESS



(AWARD)



WORK WITH NATALIA

HEALING/TRAUMA HEALING/SELF-MASTERY

Keynote: The Laws of Peace and Power

In this powerful keynote, Natalia Rachel shares the learnings she has integrated as a patient-turned-therapist who spent her entire life seeking to find a way to live a life of peace and power.

Through her stories and concepts, you'll peer through her beautiful kaleidoscope to explore trauma & oppression, the unconscious mind, the nervous system, attachment, and the way we evolve individually and collectively.

If you've ever asked yourself the questions: 'Why am I like this?' or 'How did the world end up this way?', you will make sense of it all like never before.

Rather than talking about privilege, race, or gender, Natalia zeros in on the fundamental experience of being human and belonging in the modern world. 'Why am I like this?' is the title of Natalia's book, launching with Penguin Random House this August.

Keynote: Creating Equity Through Compassion

While calls for equity increase, our ability to truly create it often remains out of reach. In this session, author, therapist and trauma-informed educator Natalia Rachel brings audiences out of their heads and into their hearts, taking the conversation to a place where we can all belong, regardless of race, gender or status. The inclusive world that we want to create begins with our own compassion, intention and expression. Prepare to be moved and inspired as Natalia explores the concept of equity from a very human lens that inspires a new way of thinking and demands a different kind of accountability and action.

CORPORATE WELL-BEING AND CULTURE TRANSFORMATION

Keynote: Time to Heal - Moving the Needle on Mental Health & Trauma.

If we really want to move the needle when it comes to mental health, we need to take the conversation deeper.

In this keynote, Natalia Rachel highlights the importance of personal healing and self-mastery work as essential to culture transformation. She aptly connects the dots between mental health, diversity equity & inclusion, and sustainability, and provides a framework for leaders to embody and build a new way of living, and relating. Be prepared to go on an emotional journey where she shares her incredible personal story, and how the lessons she has learned can be leveraged to create sustained social impact. Participants will leave with empathy levels at an all-time high, and inspired to put their learnings into action.

LEADERSHIP AND CHANGE MANAGEMENT

Keynote: Relationship as the Remedy

While relationships are often the source of distress and dysfunction, they can also be the remedy. As leaders, we can harness the power of presence and relational intelligence to support significant improvements in the wellbeing, growth and development of our people. In order to do this, we need to understand the complex human experience, origins of bias and trauma, and how they decontextualize through individuals, communities, cultures and systems.

In this mind-opening session, you will learn to perceive, express and relate in ways that are empathic, and empowering, and inspire radical change. Natalia's relational approach will change the way you live forever.

PROGRAMS AND WORKSHOPS

Trauma-informed Human (3-day workshop)

In this three-day workshop, be prepared to explore the human experience like never before. Engage in personal processing, nervous system mastery, intuition & empathy building, trigger management strategy development, and clarifying best practices, boundaries and intentions. Become the social impact the world needs. This training will change the way you think, act, relate, and lead.

Natalia also runs bespoke workshops on the topic of boundaries, triggers, relational intelligence, and power dynamics.

[>>> Watch Natalia's latest keynote "Time to Heal" here. <<<](#)

Natalia is available on request to speak and facilitate around the globe. To enquire contact her team at connect@illumahhealth.org or reach her directly on LinkedIn.