

RACHEL LAFORCE



MEDIA KIT

RACHEL LAFORCE IS AN INTUITIVE COMEDIAN, SPEAKER, AND MEDIA ENTREPRENEUR REDEFINING HOW WE HEAL, GROW, AND LEAD IN THE MODERN WORLD. WITH CREDITS SPANNING HBO, HULU, TRUTV, CNN, AND THE SECOND CITY, SHE BLENDS HUMOR, WISDOM, AND PRACTICAL FRAMEWORKS TO GUIDE AUDIENCES FROM CHAOS TO CLARITY. THROUGH HER SIGNATURE KEYNOTE - THE LIGHTNING METHOD™ AND HIT PODCAST HEALING IS HILARIOUS, RACHEL HELPS PEOPLE LAUGH AT WHAT ONCE HELD THEM BACK AND STEP INTO LIVES ROOTED IN ALIGNMENT, COURAGE, AND CONSCIOUS LEADERSHIP.

ABOUT RACHEL



VISIBILITY AND INFLUENCE



CLIENTS, COLLABS AND CREDITS:



KEY TOPICS

INTUITIVE LEADERSHIP

CREATIVE CLARITY

BURNOUT TO
BOLD INFLUENCE

SHIFTING CULTURE

EMOTIONAL
INTELLIGENCE

COMEDY AND
CONSCIOUSNESS

ENTREPREUNERSHIP

CREATIVE MEDIA



KEY AUDIENCES

Corporate Conferences & Leadership Offsites

Redefining leadership with a human approach, Rachel blends neuroscience and emotional intelligence, giving leaders the tools to regulate under pressure and build momentum that lasts.

Takeaways:

- Stronger team trust and collaboration
- Strategies to prevent burnout and sustain high performance
- Daily rhythms that fuel creativity and engagement

Rachel's sessions feel like stand-up meets leadership science - smart, energizing, and impossible to forget.

Women's Summits & Wellness Events

Elevating the conversation on wellbeing, Rachel blends humor and storytelling to help women reconnect with their purpose and power.

Key Takeaways

- Tools to regulate stress and reset the nervous system
- Strategies to break people-pleasing and perfectionism cycles
- Permission to lead and rest without the guilt

Rachel's sessions feel like a mix of stand-up and a long overdue exhale.

KEY AUDIENCES

Educational Communities

Rachel blends emotional intelligence and somatics to bring humor, humanity, and heart to the classroom. Wellbeing isn't a luxury - it's leadership.

Takeaways

- Communication for connection across teams
- Mindful frameworks to balance productivity with presence
- Tools to nurture yourself as deeply as you nurture others

Rachel's sessions are more than professional development - they're professional renewal.

Creator and Entrepreneurship Summits and Events

Ground big ideas in practical action, regulate the nervous system while scaling, and build brands with clarity.

Takeaways

- Nervous system resets to reduce burnout and improve focus
- Strategies for content clarity and storytelling
- Tools for sustainable success and growth

Rachel's sessions help creators laugh, and level up - because thriving is the most rebellious act of all.



THE LIGHTNING METHOD™: FROM STUCK TO UNSTOPPABLE

RACHEL'S SIGNATURE KEYNOTE INTRODUCES HER 4-POINT FRAMEWORK TO HELP AUDIENCES BREAK FREE FROM CHAOS, LAUGH THROUGH THE PROCESS, AND STEP INTO CLARITY. LEAVE WITH ACTIONABLE STEPS TO MOVE FROM BURNOUT TO MOMENTUM.

THE LIGHTNING LEAP: CHAOS TO CLARITY IN BUSINESS AND BEYOND

TAKING THE LEAP SOUNDS EXCITING - UNTIL YOU'RE STANDING AT THE EDGE. RACHEL HELPS CREATORS AND ENTREPRENEURS NAVIGATE THE FEAR, DOUBT, AND CHAOS THAT COME BEFORE CLARITY. LEAVE GROUNDED WITH REAL TOOLS TO LEAP AND LAND WITH COURAGE.

THE INTUITIVE EDGE:

CLEAR COMMUNICATION CREATES STRONGER LEADERS

IN A WORLD THAT REWARDS SPEED, LEADERS OFTEN FORGET THE POWER OF PRESENCE. RACHEL TEACHES HOW TO USE INTUITION AS A PRACTICAL LEADERSHIP SKILL TO ENHANCE COMMUNICATION, STRENGTHEN TEAM TRUST, AND CULTIVATE LASTING SUCCESS.

CLARITY ISN'T SOFT — IT'S STRATEGIC.



IT'S NOT SELF HELP, IT'S CULTURAL REPAIR

WHAT IF THE "SELF" IN SELF-HELP IS CO-OPTED BY THE SAME SYSTEMS KEEPING US DISCONNECTED? UTILIZING THE LIGHTNING METHOD FRAMEWORK, RACHEL DRAWS PARALLELS BETWEEN TRAUMA RESPONSES AND SYSTEMIC DYSFUNCTION, OFFERING A ROADMAP TO CLARITY, BOTH WITHIN OURSELVES AND OUR SOCIETY.

NURTURE VS. HUSTLE:

REDEFINING SUCCESS IN THE AGE OF BURNOUT

DESIGNED FOR LEADERS, EDUCATORS, AND ENTREPRENEURS, THIS WORKSHOP DISMANTLES HUSTLE CULTURE AND EQUIPS PARTICIPANTS WITH PRACTICAL WAYS TO EMBRACE SUSTAINABLE GROWTH. THINK OF IT AS A BLUEPRINT FOR THRIVING WITHOUT BURNING OUT.

A LEADERSHIP BLUEPRINT:

FOR MODERN MOTHERHOOD

RACHEL SHOWS WORKING MOMS HOW TO BREAK THE BURNOUT CYCLE, TRUST INTUITION, AND COMMUNICATE WITH CLARITY. ATTENDEES LEAVE LAUGHING, AND EQUIPPED WITH PRACTICAL TOOLS TO TRANSFORM OVERWHELM INTO INFLUENCE - LEADING FAMILIES, BUSINESSES, AND CULTURE WITH CONFIDENCE.



RACHEL WORKSHOPS EXPAND ON HER KEYNOTE TEACHINGS THROUGH HANDS-ON, COMMUNAL EXPERIENCES BUILT FOR CONNECTION. PARTICIPANTS WALK AWAY WITH NEW TOOLS FOR; EFFECTIVE COMMUNICATION, EMOTIONAL INTELLIGENCE, AND NERVOUS SYSTEM RESETS THAT CAN BE APPLIED IMMEDIATELY.

AS A NATIONALLY RECOGNIZED COMEDIAN (THE SECOND CITY, HBO, HULU, THE COMEDY STORE) RACHEL OFFERS COMEDY PROGRAMMING FROM INTERACTIVE IMPROV SHOWS TO STAND-UP THAT END YOUR EVENT ON A HIGH NOTE.

WHETHER IT'S A CORPORATE RETREAT, LEADERSHIP SUMMIT, OR CREATIVE CONFERENCE, RACHEL DELIVERS AN UNFORGETTABLE BLEND OF CLARITY, COMEDY, AND CULTURE-SHIFTING CONNECTION.



CONNECT WITH RACHEL

MY TEAM WILL GET BACK TO YOU IN 1-2 BUSINESS DAYS.

[RACHELLAFORCE.COM](https://rachellaforce.com)

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RACHEL HAS A UNIQUE GIFT FOR BLENDING HUMOR WITH HEALING, AND SHE ALWAYS HITS THE NAIL ON THE HEAD. HER WISDOM RADIATES THE MOMENT SHE WALKS INTO A ROOM. SHE BRINGS THE PERFECT MIX OF MOTIVATIONAL SPEAKING, AUTHENTICITY, AND REALNESS THAT TRULY MOVES EVERYONE IN THE ROOM.

- HOPE S. , PRESIDENT OF APA ATLANTA