



Rachael E. DuBoise

Licensed Professional Clinical
Counselor Supervisor
Speaker
Facilitator
Mental Health Advocate

Rachael is a highly motivated mental health advocate and speaker with 13+ years of experience in the mental health field. Rachael works with groups, individuals, and organizations to amplify their authenticity and empower them to become the version of themselves they aspire to be.

SIGNATURE TOPICS

- ✓ Women's Empowerment
- ✓ Racial Trauma
- ✓ Authenticity in Entrepreneurship
- ✓ Fighting the Stigma of Mental Illness
- ✓ Trauma-Informed Care
- ✓ Youth and Mental Health

TESTIMONIALS

“Rachael was welcoming and made everyone feel comfortable.”

“I loved the openness, inclusiveness and overall support of everyone's stories.”

“Rachael's teaching style was on point.”

“Rachael created an open and warm environment where others could put their guard down.”

“Rachael brought everything together and kept the information relative to all of our circumstances. Nothing is cookie cutter; we are all unique and she was sensitive to that reality.”

“It was a hard topic and Rachael made it easier, understandable, relatable, and kind.”

“I really enjoyed myself and gained some tools to utilize to help love myself more.”



Please feel free to reach out with any questions.

Get in Touch!

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