



Rachel Swanson is a dental hygienist turned **best-selling and multiple award-winning author, speaker, podcaster and accredited Christian life coach**. With over **25,000+** online followers and growing, her inspirational messages of faith are captivating hearts and inspiring water-walking faith in women everywhere. She's a columnist for *QARA*, providing articles on Christian Living, Faith, and Leadership for millennials. With published video and print articles by *Family Share* (**100+ million followers**), *Crosswalk*, *(In)Courage*, *LifeWay*, *MICI*

Magazine, *Relevant Entrepreneur*, and more, her writing has reached multiple millions worldwide. Her best-selling and award-winning book, *Big and Little Coloring Devotional*, was birthed by her own struggle to keep it together as a busy mama of three children under two years old. She's also contributing author of *A Moment to Breathe* a 365-day devotional book and is currently writing many more!

Rachel has a deep-rooted passion to help women refine what's holding them back and restore their hearts back to God's truth. Her personalized coaching programs includes spiritual growth principles, scientifically-based mindset practices and stress-management tools to enable women to walk in alignment with their unique purpose and use their gifts confidently in their marriage, motherhood and ministry roles. She also serves aspiring authors helping them gain the right tools necessary to pursue their writing dreams.

Rachel is a rising inspirational and motivational speaker on the following popular topics: purpose and identity, modern motherhood struggles, spiritual growth and overcoming anxiety.

She obtained a bachelor's degree in pre-medicine and pursued additional schooling for a career in dental hygiene. However, after many years of scraping teeth and oral education, she journeyed on a side path of writing, speaking, and coaching, which she soon realized was her greater passion. Graduate of **BLAST** (Building Leaders, Authors, Speakers and Teachers) through *New York Times* best-selling author and international speaker Shannon Ethridge, Rachel has developed the tools to become successful in writing, speaking, and leadership.

Married to her husband for eleven years, they rear their tribe of "Wannabe Triplets" in an aspiring country town just outside Los Angeles, CA. You can learn more about Rachel by visiting her website at www.RachelCSwanson.com.