



Rachel Beck, PHR, CWWS

**Benefits Analyst
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Rachel has worked for 20+ years in Human Resources, focusing on the areas of Benefits Administration and Well-being. She received her Professional in Human Resources (PHR) certificate in 2005. In 2015, after struggling with a medical condition for three years, Rachel began a quest for natural remedies and holistic healing. After taking a break from HR, she also set out to find her next step in her career path. She worked hard to find a path back to her purpose of 'helping others' and with her newfound passion of 'healthy living', Rachel found health coaching. Rachel received her Holistic Health Coach certification from the Health Coach Institute (HCI) in 2016 and her Holistic MBA in 2017. Rachel also received her Certified Worksite Wellness Specialist (CWWS) through the National Wellness Institute in 2018. In 2021, Rachel became a member of the a'parently Coalition as a coaching consultant who leads Parental Inclusion sessions. She uses her expertise as a benefits specialist, HR leader and certified transformational coach to help working moms put personal strategies in place to gain energy for the things they love. She loves being in the well-being space and managing and consulting on the benefits that support employee's holistic health. She knows the journey of the last few years has led her to the work of continuing her purpose of 'helping others' and now doing it in a way that helps her "walk the talk" of healthy living. She does this through education and engagement about programming around holistic wellbeing.