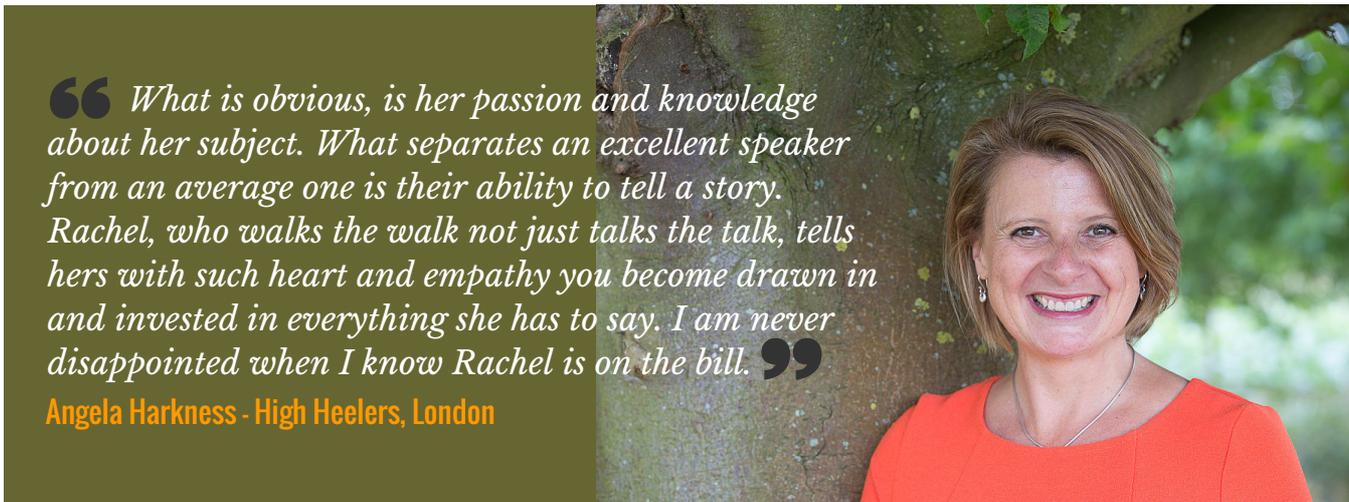


# RACHEL MCGUINNESS SPEAKER PROFILE



“ What is obvious, is her passion and knowledge about her subject. What separates an excellent speaker from an average one is their ability to tell a story. Rachel, who walks the walk not just talks the talk, tells hers with such heart and empathy you become drawn in and invested in everything she has to say. I am never disappointed when I know Rachel is on the bill. ”

Angela Harkness - High Heelers, London

Rachel loves talking about sleep! Whether she’s speaking in front of a live audience or on the radio, on a webinar or a guest speaker on a podcast, she loves enlightening people about falling in love with bedtime again. She promises she won't send you to sleep during her talk, but hopefully you will get a better night's sleep afterwards!

**PERFECT FOR: CONFERENCES, WELL BEING DAYS, WORKSHOPS, WEBINARS, PODCASTS & RADIO SHOWS**

## IN HER TALKS RACHEL SHARES HOW:

- The mysteries of sleep - how it works and why you need it.
- Why modern living is disrupting our body clock.
- The simple lifestyle changes you can make to send you off into a peaceful sleep that will help you wake up refreshed the next morning.

## ABOUT RACHEL

Rachel is the 'Go to sleep expert' who helps busy people, typically executives, professionals and entrepreneurs wave goodbye to insomnia and sleep issues.

Her company, Wake Up With Zest, is all about helping her clients get a good night's sleep through improving their anxiety around sleep, better bedtime routines and embracing a healthier lifestyle without fads or gimmicks.

Her talks are based on her own wealth of knowledge and her personal experiences. In the year 2000 she was a sleep deprived, overweight, unfit and very stressed telecoms executive. She had a bit of a mid-life crisis, decided it was time get her act together and got fit and healthy.

She is now fitter and healthier than she was in her teens and twenties, as she really does "walk her talk" having "been there, done that and worn the big T-shirt!".

Rachel was so inspired by her own transformation, she decided to study for qualifications in health so that she could share her knowledge with others. She started her wellness business back in 2004.

Now, with more than a decade helping people who want to get healthy, she has become well known for demystifying the confusing world of health and well being with her "healthy the easy way" approach. Rachel is also the founder of the annual 30 day health challenge, Zestember.

## FOR BOOKINGS CONTACT

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“ It was great to listen to your presentation on Beauty Sleep on Saturday. I loved the way in which you engaged with the audience and brought life to this essential, yet I would say, overlooked, topic. You not only emphasised the importance of getting a good night's sleep, but you gave an insight into the science of sleep and the sleep cycle which helped me understand the negative impact on the body due to lack of sleep, particularly the brain's inability to function effectively due to lack of sleep. Thanks to you I am now more intentional about ensuring I sleep well and take greater care of my physical health. ”

Maureen Campbell, Bristol

As featured in

