



RACHEL KODANAZ

Rachel is a seasoned facilitator and a passionate speaker to national audiences of all sizes for 20+ years, addressing all aspects of change, growth, and acceptance that comes with embracing life challenges – those expected and unexpected. Including all aspects of loss, aging, caregiving, self-care, productivity and balance work/family life. She is sure to inspire, inform and persuade her audiences to be self-aware, take action, and continue to thrive. Rachel presents at EAP Conferences, corporate and EAP clientele.

As a speaker, author, consultant and coach – her work has been featured in numerous publications, blogs, radio, conferences, company endorsements and Good Morning America. Her books: ***Living with Loss, One Day at a Time*** and ***Grief in the Workplace: A comprehensive guide for being prepared*** are a subset of her views helping her audiences live life to the fullest while embracing the challenge.

Rachel holds a Bachelor of Science in Business from Bryant University. Rachel lives an active healthy lifestyle in Colorado with her husband running, biking and hiking. She is an avid athlete including a Hawaiian Ironman Finisher.